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THE

MEDICAL ADVISER

AND

GUIDE TO HEALTH.

ADDRESSED TO SUFFERERS OF BOTH SEXES,

BY

FREDERIC MORRILL, M. D.,

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No. 3 BULFINCH STREET, BOSTON, MASS.

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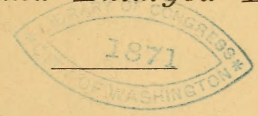
Revised and Enlarged Edition.



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INTRODUCTION

TO THE SECOND EDITION.

THE sale and circulation of nearly forty thousand copies of this little work, since its first publication in August last, a space of little less than eight months, has satisfied me that, notwithstanding its brevity and absence of detail, or attempt at any thing like display in the exhibition of medical lore, it struck a chord in the minds of that large class of sufferers to whom it was particularly addressed, who acknowledged its general truthfulness, and the increasing demand for it from every section of the country, nas been the most grateful tribute I could have received, that my labors have been duly appreciated. In

numberless instances I have received letters from almost every section of the country, expressing the thanks and gratitude of my readers for the plainness and candor in which I had addressed them. In one, received but a few days since, the writer, evidently a gentleman of education and culture, says, "I have read your MEDICAL ADVISER AND GUIDE TO HEALTH with care, and have become much interested in its contents. I think I can see my own case in it as if seen in a mirror." Such encomiums, coming from disinterested sources, are much more grateful to my feelings, than would be the flattering criticisms of the most learned. In the outset I did not undertake to compile a medical hand-book, to serve as a vade mecum to the professional practitioner, nor did I choose to put into the hands of the numberless irregular doctors who swarm in our midst, a treatise to enable them to

obtain, in a cheap way, that knowledge which I only obtained by long, laborious, and expensive study and experience. I intended my book to be, as it professes, an adviser merely, and if popular testimony be of any value in a matter of this kind, I think I may very safely congratulate myself upon the success of my endeavor.

In preparing this second edition for the press, I have complied with a wish, very generally expressed by my friends and correspondents, that I would add somewhat to the usefulness and convenience of the book, as a work of reference, in cases where I could not readily be consulted, if I gave some more specific directions as to treatment, in cases of emergency, with such simple formula, recipes, etc., for immediate application, as might arrest the progress of disease until I might be communicated with in reference to it. In yield-

ing to these solicitations, I desire it to be distinctly understood that I have no intention of departing from my general line of professional conduct, nor the views I have expressed as to the impropriety of self-treatment in syphilitic complaints,—especially paraphrasing the legal aphorism, that "that he who (in law) argues his own case, has a fool for his client." I am still of the opinion that the man who doctors himself, has a fool for a patient, even though he be a doctor, and generally successful in his treatment of others. The many inquiries made of me through the extensive correspondence which has been opened up through the instrumentality of the ADVISER, has suggested the idea that some few pages, devoted to the investigation of complaints germaine to those chiefly discussed in the first edition, would be generally acceptable. The confidence kindly expressed by great numbers of my correspon-

dents, that I could convey much useful information and advice upon the diseases and complaints most prevalent in New England especially, hardly leaves me any alternative but to comply with their request. In doing this, I agree with them that I am, perhaps, whilst obliging them, merely performing a duty which, it is said, every man owes to his profession.

This book, thus enlarged both in matter and in the sphere of its usefulness, will not lose any of its distinctive features of extreme simplicity, directness, and facility to be understood by intelligent common sense people; amongst whom, I apprehend, it will chiefly circulate, and by whom I prefer it should be read and judged. My acceptance of the responsible position of Medical Director and Consulting Physician of the MORRILL MEDICAL INSTITUTE, a new institution, located at No. 3 Bulfinch Street, Boston, Mass., has opened to me a wide

field for medical investigation and usefulness, which I shall endeavor to improve to the best of my ability.

Hitherto, in my extensive private practice, for reasons which can be readily understood, I have committed as little to writing as possible; my numerous engagements precluding any appropriation of time to that purpose. But now, with the liberal allowance made to me by the Directors of the Institute, I shall be enabled to avail myself of any assistance I may require, not only in keeping an exact record of cases, and the variations in treatment which every phase of disease may require, but materially to aid me in furthering the objects of the institution, and simplifying, so far as is practicable, the hitherto complicated practice and treatment of diseases which so long have been the sport, and constituted the chief income of scores of medical leeches, who have lived only by

drawing, as it were, their life-blood from the unwary and unfortunate.

In offering this second edition, I do not claim for it either completion or perfection; but it is all I consider necessary to be placed in the hands of those for whom it is designed. Very few care about reading a dry, exclusively medical treatise, however sound and correct it may be; such books are proper only for the medical student and practitioner; but a book which mirrors forth to each reader facts and symptoms, the truthfulness of which they recognize as coming within their own personal experience, is always sought for and read with avidity. Whilst I adhere to the opinion which formerly induced me to publish, in separate and distinct treatises, my GENTLEMAN'S MEDICAL ADVISER, and THE LADIES' GUIDE TO HEALTH, I am only complying with the wishes of many of my friends, by including, in this new and

revised edition, some general observations and directions in regard to the pathology and treatment of not only diseases kindred to, and similar to those particularly alluded to in the preceding pages, but such other diseases to which females are peculiarly liable, and for the proper treatment of which, they ever find it most advantageous to apply to some physician, well known as having made the subject of female complaints one of especial study and investigation. I may, I think, without vanity, assert that, in this speciality, my varied and extensive experience entitles me to a consideration beyond that usually extended to a large majority of my professional brethren; as, during an uninterrupted practice of over thirty years, by far the greater number of my patients have been females, suffering under some one or more of the various forms of what are commonly termed sexual, or delicate diseases, or else diffi-

culties resulting from some organic or functional derangement, about which the general run of the "faculty" are as innocent of any practical knowledge as the child unborn. I am free to confess that the skill which I am supposed to possess, and the great success I have met with in this department of my profession, has been attained fully as much, and probably more, from my habits of close observation, comparison, and analysis, for the employment of which I had ample scope in my large practice, than from the perusal of books and authorities, no matter by whom written or compiled. But, whilst devoting myself to the study of disease, as displayed in the great book of Nature, and the living subject, I have by no means neglected the pages of standard authors, nor the lighter, but no less valuable, emanations of the periodical press. It has ever been my pride to keep

"posted" in every thing which is going on in all the departments of medical learning and science in every part of the world; and, although I never fail to investigate each newly heralded discovery or improvement, I very seldom find anything to add to the knowledge I had not already attained by my own experience, nor to induce me very essentially to depart from my system of treatment which has so long availed me in my extensive practice. The attentive reader of either sex must have noticed that I do not spread before him or her, pages of technical lore, tedious and wearisome, even to the most devoted book-worm, nor a re-hash of other men's brains, filched from some foreign or antiquated book now out of print, and seldom found; thus rendering the plagiarism less likely to be detected. My book, such as it is, is my own; and I am not ashamed to acknowledge its pater-

nity. It has been written, from beginning to end, without reference to any similar work in existence; and I defy the world to point out a stolen sentence in it. If it contains ought of truth and consistency, if it embodies any knowledge of facts or science worth the remembering, or useful to the invalid and sufferer, the composition is mine, and my own brain has alone guided and directed me in my labors. Pseudo professors may pretend to criticise, and even go so far as to attempt to sneer down, in their quack advertisements, a production, the effects of which they too sensibly feel, in their declining practice, and mushroom popularity; but after all, THE TRUTH WILL PREVAIL.

I have long been satisfied that a vast amount of unnecessary pain and suffering is constantly being inflicted and borne, — too patiently borne, I think, — by the mothers, wives, and daughters of New

England, from their quiet submission to the old, threadbare, and everywhere else discarded notions regarding the treatment of themselves, when in peculiar circumstances of sickness and debility; by the antiquated and effete systems usually pursued by the ordinary country practitioner. Not that these men are not, in their way and limited sphere, as good as ought to be expected, but they have neither the opportunities to familiarize themselves with either the new developments of disease, or modes of treatment necessary to its successful management, which a large city is constantly offering to the physician of extensive practice. In the city, where competition is sharp, professional rivalry compels the aspirant after success, to perfect himself by every means within his reach, in every art which has the least bearing toward success. He reads, he studies, he examines and com-

pares, until every avenue is explored, and goes to his work neither groping nor doubtful of his course, but with a boldness and confidence, which a self-conscious ability always confers upon its possessor.

With these preliminary observations, I submit this new and revised edition, somewhat changed as to its title, so as to render it conformable to the wider range of topics treated upon, to the candid examination and criticism of a discerning public. Unlike any other book of the kind, it will be found to contain nothing which should exclude it from the family centre-table, the school-room, or the maiden's collection of choice reading. There is not a word or sentence in it, which should preclude its open perusal at any time, in any place, or in any company, and all, from the boy and girl, to the father and matron, may study its pages, with the certainty that, by doing so, they will be

adding to their stock of useful knowledge, which, at some period of their lives, will be found of essential, perhaps of vital service to them.

F. MORRILL, M. D.

No. 3 Bulfinch Street, Boston, Mass.

PREFACE

TO THE

REVISED AND ENLARGED EDITION.

The Medical Adviser and Guide to Health, comprising an edition of over sixty thousand copies, has now been before the public nearly a year, in which time it has probably had a larger circulation, and a more general perusal, than any similar production in this or any other country. Its clear, condensed, yet popular style, adapted it at once to the taste and wants of a people inquisitive upon the topics which it discussed and illustrated, whilst its perusal and study ever satisfied the reader that it was addressed to his reason

and common sense for his good, rather than to his fears and apprehensions, with a design to ensnare him into a patronage, or a compliance with covert suggestions, having for their object the pecuniary and professional emolument of the author, through his book as an advertising medium.

In the preparation of this enlarged and revised edition, the author has, with great pleasure, availed himself of the suggestions of friends and correspondents, both in this country and in Europe, in whose judgment he places great confidence, and whose opinions are of great value in matters of this kind.

The second part, devoted exclusively to women and her dangers, diseases, and duties to herself in the various relations she sustains, as maiden, wife, and mother, has been prepared, as will be seen, with great care, not only in respect to the *matter*, but in the

manner of its composition. Not a word or sentence has been introduced, calculated to wound or give offence to the most delicate, modest, or refined; and which may not be as properly placed in the hands of the school girl of fifteen, as in those of the accoucheuse, or matron of fifty. Indeed, it has been one of the chief objects of the author, to place before the young and rising generation, a TEXT BOOK upon subjects hitherto sadly neglected in their early education, and upon which, it is now universally conceded, they should be better instructed. How well he has succeeded in doing this, he does not fear, (though not presumptuously nor arrogantly) to appeal to an intelligent and impartial public opinion. In common with every responsible member of his profession, the author has been long accustomed to view, with an alarm bordering upon disgust, the publication of books with captivating titles, and

sought to be embellished with portraits and cuts of not merely doubtful, but of actual meretricious tendency, as totally unfit for any useful purpose of enlightenment upon the topics they pretend to treat, as they are improper, on the score of good morals, to be placed within the reach of those to whom they are unblushingly and impudently addressed. With a view to substitute something better, and not obnoxious to the just objections hitherto made to such publications; as well as to supply an actual want, clearly indicated by an increasing demand; this work, carefully and conscientiously prepared, is now submitted to the professional, as well as general reader, confident that, if in its general scope and minuteness of detail, it does not constitute a complete vade mecum for the former, it can neither offend, or disappoint the latter, on the score of propriety, or as a safe guide in all those important

and interesting matters upon which it may be deemed necessary to consult its pages.

F. M.

THE MORRILL MEDICAL INSTITUTE,
No. 3, Bulfinch Street, Boston, Mass.
March 1, 1871.

THE

MEDICAL ADVISER,

AND

GUIDE TO HEALTH.

PART FIRST.

CHAPTER I.

MANY years ago, when I first entered upon my professional career in the city of Boston, as a new and comparatively unknown candidate for distinction and success, I found time to compile several medical treatises, bearing upon a certain class of diseases always greatly prevalent in our large cities. These works, the fruits of careful study and investigation, contrary to any expectations which I had dared to form, became at once exceedingly popular, and edition after edition was rapidly exhausted. Whilst they served in

part to give publicity to my name, as one particularly devoted to the treatment of diseases arising from imprudence and exposure, and all other complaints of the genital organs, the extensive range of study and examination of authorities and cases necessary to prepare me to discuss the subject properly and intelligibly, almost unconsciously to myself, created that interest in my mind, as to induce me to select that branch of medical science as a specialty, and to make it the leading object of my future investigations. Finding myself thus theoretically and practically prepared to combat these dread enemies of man's pleasure and comforts as well, perhaps, as any one of my age, I determined to break away from those restraints which a false notion of dignified professional propriety had imposed, and at the risk of ostracism from the brotherhood, and to be classed with those who are con-

sidered as interlopers, I resolved to advertise my abilities and to make myself useful in a sphere wherein I felt satisfied that I could successfully compete with any of my brethren. The consequence has been that, instead of a limited and precarious practice, extending only to a few personal friends, I have, each succeeding year, seen added to my list of patients persons from every section of the country, as well as from the adjoining British Provinces and foreign lands. Completely absorbed in the cares and duties imposed upon me by this increase of patronage, I have not been able to revise and republish those works to to which, I believe, I am in a great degree, indebted for my early success in obtaining so large and remunerative a practice as I now enjoy.

These thirty years of close application to my profession have yielded an experience which, added to theoretical attain-

ments, acquired when professional calls did not press so heavily upon me, have, I believe, fully qualified me now to yield to the repeated solicitations of my friends and patrons, to prepare, for their use, a manual which shall serve them as a guide in those cases of accident and exposure to which all are liable, whatever may have been their training and culture, or however strong their sense of moral and religious obligations, to avoid temptation and excess, in whatever shape it may assail them.

Amidst all of the vast catalogue of diseases which afflict the human race, there are none which reach so many, and sting so sharply, as those denominated "sexual." From the stripling, hardly arrived at the age of puberty, to the hoary-headed patriarch of three score years and ten, we find that none are exempt. Even the infant, before it has been expelled from the body of its

mother, is too frequently tainted, its blood corrupted, and its fair form mutilated by a disease communicated to it by its erring parents. Did this great social evil limit its effects merely to a temporary disability of its immediate victims, and were it apparent only in the hospitals and doctor's apartments, where it seeks to assuage its pains, and find a cure for the evils arising from it, though severe and often revolting, its consequences would be slight in comparison with what they really are. Were such diseases merely local in their character, the actual cautery, and the dissecting knife might be relied upon for their extirpation; but, unhappily, this is not so. When once the infection has gained a foothold upon the human system, it is not merely those parts most immediately exposed and affected, but like a fiery devil, it pervades every part of the bodily organization. It seizes upon the blood, the very

life of man, and along its currents it carries the infection through every vein and tissue; and coursing its way through the spinal column, it seizes upon the citadel of man's power, the brain, and if unchecked and unsubdued, paralyzes and enfeebles the organs of thought as well as action. When the evidences of such destruction are daily presented to our view, can the physician overestimate the importance of the mission to which he is called, and can he, if possessed of a spark of manly feeling, shrink, through a false estimate of professional pride, to give to such cases the very best efforts of his professional skill? Human health and life are equally dear to all. The wealthy merchant, the venerable clergyman,—the centre and delight of a highly cultivated and fashionable congregation,—the millionaire, reclining at his ease in his sumptuous "stone front," may, and do, from their position and power of

their wealth, command the attendance and exercise of the best skill the country can produce; and the petted favorite of such exalted patronage is looked upon as particularly fortunate, and eminence is awarded to him, simply because Crœsus and Dives head the list of his patrons. The equally, and frequently more skilful physician, who, with a strong and manly heart, and firm hand, nerves himself to a daily and hourly contest with disease, the result of libidinous desires and unholy passions, is looked upon too frequently with scorn, and treated as an empiric because he advertises to the world his ability and willingless to treat those cases which his more delicate and sensitive brethren regard with contempt. For myself, I am ready to alleviate human misery and distress wherever it may be found, and in whatever form it may present itself. I have seen as much

sincere goodness, as much downright honesty, elevated and high-toned principle and friendship in the unhappy victims of venereal and syphilitic diseases, as in any people I have had to deal with.

For the rescue of the miserable victims of intemperance, laws are enacted, which have engrossed the time and attention of legislators, session after session; bodies of executive officers, costly to be maintained, are organized and set in motion; retreats and asylums are established, and whole communities and States are convulsed, from centre to circumference, with the exciting questions of prohibition or non-prohibition, license or no license, and the advocates of temperance are canonized as the apostles of all good. Yet a social evil of far greater magnitude than any caused by mere intemperance in the use of alcoholic and stimulating drinks, stalks abroad in our midst at noon-day, at even-

tide, and in the still watches of the night, selecting its victims from the young, the beautiful and the lovely. The heart of society is cankered to its core, and he who devotes himself to assuage, eradicate, and stay this great evil, is denounced as a quack, or perhaps shunned as an ignorant pretender. For one I am willing to bear the imputation, so long as *I know* that I am benefitting my fellow men. Thirty years of professional intercourse and dealing with this unfortunate class of patients, have taught me lessons which neither books nor the more learned of my fellow-men could furnish; and the best tribute of thanks which I can render them now, is that, whilst in the full meridian of life, with faculties ripened and matured, and in the enjoyment of a full and lucrative business, I devote the leisure hours that may be afforded me, in furnishing to them and all others who may be interested in the

subject, such advice, counsels, and directions, as will enable them to avoid those dangerous strands and breakers upon which so many have suffered shipwreck.

By this I do not wish to have it understood that I design to furnish such a book as will enable any one to "doctor himself." Very far from it. Of all the mischiefs resulting from any of the diseases incident to early imprudence, excessive indulgence, or unclean sexual intercourse, not the least are those consequent upon the application of supposed remedies unadvised by a competent physician. There can hardly occur any degree of infection, however slight, but at once demands the inspection and the treatment of one able at a glance, to see the extent of the danger, and restrain its further ravages. Men are crippled, their features and limbs distorted for life, simply because of some self-application of corro-

sive and dangerous mineral preparations by those who have become infected; and who, in the first moments of alarm, have, with a view to the concealment of their condition, resorted to these poisonous and deadly drugs for relief. Cases which, even if let alone to pursue the work of destruction unmolested, could not have assumed more dangerous or disgusting forms, have, by a dangerous and unwise meddling with, been driven into the system, distributing the virus to every vital part, until, from what was at first a mild attack in its simplest form, the victim is now enveloped in a flame from which he can be rescued only by the boldest and most courageous efforts.

Neither is it my intention to pander to a prurient and debased curiosity and appetite, which seeks gratification in the perusal of books devoted to subjects ordinarily supposed to come within the

range of the physician's or midwife's care and attention exclusively. My design will be simply to point out the various disorders and complaints incident to youth and manhood, through an abuse, over-indulgence, or unguarded indulgence of the generative organs. To do this I do not deem it at all necessary that I shall enter into all the minutiæ of their anatomical structure, nor into a pathological description and inquiry as to the origin and character of the diseases themselves. I am not writing for doctors nor learned professors of physiological and pathological science, but for those who, unlearned and unskilled in all these matters, are, after once being satisfied that help is requisite in their cases, to be restored to health, if at all, it must be by the counsels and guidance of another, and that, the physician of their choice.

Setting aside for the present all allusions

to hereditary taint and disease, and addressing myself chiefly to those presumed to have received from their parents at least an ordinary healthy and strong constitution, I believe I do not err in the opinion that, not one in fifty has escaped the influence of evil example, or, through such faultless physical training as not to have frequently indulged in, if not become addicted to, the habits of masturbation. I make use of this term because I believe it to be generally understood by the most artless and inexperienced. The artificial forms of living, the universal use of stimulating food and drinks, the intimate and unguarded association of the sexes in all the various forms of social and fashionable life, have been, and are such as to lead to a premature development of the virile passions and desires which, implanted in our nature for the sole purposes of procreation, and the perpetuation of the human

species, have, under this unnatural and premature stimulus, suggested the artificial and ready means of relief in self-pollution and abuse. Whilst the boy has been tenderly and carefully trained in everything else necessary to the full and useful development of all his faculties, by a fatal mistake, arising through ignorance on the part of parents and guardians, this great evil has been ignored, and left to pursue its deadly ravages unchecked. Physiology and the laws of life; the very uses of the organs of procreation, other than for purposes of bodily evacuation, have been studiously concealed from our youth, and they have been left to acquire from associates and evil example a knowledge of vices and habits which, before they are aware of it, and long ere their natural guardians have any suspicions of it, have laid the foundation of a train of evils and diseases which, if unchecked, will inevitably lead to early

decay and death. How many of these victims have I known, whose broken down constitutions, indicated by the faltering gait, the vacant stare, and almost idiotic countenance, are pointed out as objects of commiseration, because of a supposed too close application to study and an overtasked brain; and the cause of their failure in life attributed to anything but the true one. I do not now remember that out of the thousands of cases in which I have been consulted, and where this vice has been the chief, and perhaps the only cause of disease and trouble, but it has turned out in the course of my examination that this habit has been indulged in innocently, and from an entire ignorance of its deadly and fearful consequences. "Had I have known, had I have been forewarned, what a world of misery and wretchedness I should have escaped," has been the invariable exclamation of those from whom I have "wormed

out," as it were, the secret history of their past habits and indulgences. My reader, let me put the question to you. It is not necessary that I should put you under a rigid examination to extort from you, by an artful system of professional inquiry, whether you are faultless in this respect. It is not necessary that I should inquire of you whether the weakness in the back, the pains in side and breast, the troubled sleep, the lascivious dreams, the fading and disordered vision, and the wavering mind, the disinclination to society, and gradual failure of all manly power of which you complain, are attributable to this vice or not! YOU KNOW. Memory and reason have not yet become unseated, and the past is open before you; and you may trace, as in an open book, the records of those early indulgences and youthful indiscretions which have, step by step, conducted you to the precipice upon which

you now stand. *It is to you these pages are addressed.* You have long felt that you were on untenable ground, and that everything before you was dark and dreary as the grave to which you looked forward as a last and almost welcome refuge from the pains and miseries of life. Were the consequences limited only to yourself, the pangs of remorse, as well as the pains arising from your numerous ills, might be patiently, even if hopelessly borne; but if, as is most likely to be the case, there is another interested in your happiness, or what is equally as unfortunate, whose happiness is dependent upon your fulfilment of plighted vows for reciprocal affection, how wretched is your lot. By your own hands you have placed a barrier between yourself and the accomplishment of your brightest earthly hopes. You know yourself to be unequal to the performance of all the duties of manhood in the interest-

ing relation to which you have pledged yourself, and you shrink back appalled at the very idea of exposing your impotency and lack of ability honorably and manfully to complete the engagement you have contracted. Evasion, despair, dishonor, suicide and death, are by turns contemplated, until, in the horrible conflict, the body becomes a weary burden, and reason no longer guides you by its dictates. You struggle on like the blind man in the morass, until your every effort at escape only sinks you deeper and deeper into the slough in which you are engulfed. Young man, this is no fancy sketch. It is the secret history of thousands and tens of thousands, and among whom you are perhaps numbered. If this is so, then it is time, and more than time, that you availed yourself of the helps which medical science holds out to rescue you from the impending destruction of your mental and physical

faculties, and restore you to yourself, to your friends, and to society, a renovated, sound, and saved human being.

I think it not necessary for me to go through all the details of the steps through which you were gradually initiated into the mysteries of unlawful pleasures, nor the symptoms of those diseases which too surely are ever-ready attendants upon their votaries. I would not entirely suppress the ardors of youth by ascetic rules nor monastic vows. I understand human nature, and take it as I find it, and hence I have a large charity for those who, impelled by irresistible desires and strong temptations are led into danger. But I do most earnestly wish to benefit them nevertheless.

My desire to make myself thoroughly understood, and not commit myself to the charge of indelicacy, by the use of language which might exclude this treatise

from unconcealed and open perusal, renders it somewhat difficult for me to express myself upon all those interesting topics embraced within the scope of the investigations upon which we are now engaged. I have called your attention to the great vice of solitary indulgence, and have incidentally referred to it as resulting in creating impediments to marriage, dangerous to health, and difficult to be surmounted. I must go further, and instruct you that, however great and serious these obstacles are, if they are properly attacked before they culminate in entire impotency and imbecility, there are remedies lately discovered by myself which, in connection with proper diet and regimen; the powers of the body thus prematurely weakened and impaired, may be restored to their former activity and strength; and that, too, without resorting to any of those offensive mechanical means and appliances

which formerly were so much relied upon.* Neither am I an advocate of constant drugging, and the administration of stimulating cordials, to effect this object. I had tried all the usual and well-known remedies hitherto regarded as infallible and specific in their re-invigoration of prematurely exhausted manhood, and was pained to find that with them, as with almost all tonics and stimulating preparations which have a direct tendency to, and action upon those parts supposed the most to need their immediate application and restoring quali-

*NOTE.—An attempt has recently been made to resuscitate the use of certain mechanical contrivances or "new patent apparatus," for the treatment of spermatorrhœa and other forms of seminal weakness, without the use of medicines. I would earnestly caution my readers to avoid a resort to any such dangerous and useless experiments. Their mischievous tendency was long ago made apparent by the highest surgical authority, and none but the most reckless speculator in human health, would, at this advanced day of medical science, seek to revive such an old, exploded fallacy.

ties, the reaction was too violent, and that their repeated use gradually undermined the very foundation of power, until finally there was nothing left to animate and excite. During many years of my practice I had this difficulty to contend with. The medicinal virtues of every vegetable substance, embracing roots, barks, flowers, and berries, were carefully investigated and ascertained, and whilst they yielded many and most valuable additions to my stock of remedies, and to our national pharmacopœa, none of them came up to my wishes in imparting, without the subsequent reaction, those restoring and strengthening powers so desirable to be secured, and without which no amount of care, careful nursing, diet, with all the adjuncts of well-timed and regulated hours for sleep, exercise, and recreation, seemed to be available. Not content with ransacking the whole botanical kingdom of this coun-

try, I expended thousands of dollars in pushing my investigations to other and more distant climes, until at length my persistence and perseverance were rewarded in the discovery of what I had so long sought,—a purely vegetable preparation of surpassing curative and tonic properties, as healthful, soothing, and beneficial in its operations upon the mind and nervous system as it is almost magically efficacious in its healing powers when administered as a remedy in the cases to which I have just alluded. Alone, or in its judicious mixture with other well-known remedies, enabling it to produce its effects, just in proportion to the nature and tenacity of the disease, has satisfied me that, in it, the the great desideratum of accomplishing a perfect cure of almost all the infirmities arising from the indulgence of solitary vice, as well as all nervous, sexual, and cutaneous diseases, has been at last dis-

covered. For many years, at great expense, I have laid in my supplies of this invaluable product of nature ; and although I have resorted to its use, in thousands of cases where the genito-urinal organs were affected, or where, through them, other parts of the system, or the general health of the body was suffering, I have rarely failed to find it accomplish all, and even more, than I had hoped for. And here let me remark, that, in a general way I am no advocate for, nor do I countenance the use of strange and unfamiliar remedies. Neither do I deal in or use such. But the fruits of my own researches and discoveries in the botanical kingdom, which is alike free to all, I must be allowed to enjoy. If I have, prompted by a greater zeal, and animated by a stronger desire for success and professional distinction, and by the expenditure of much valuable time, and large sums of money, secured a

valuable adjunct in the cure of disease, I feel no compunctions whatever in retaining in my own hands, during my lifetime, the exclusive use and emoluments arising from my discovery. Certain I am, that no human being, besides myself, possesses my secret. The various forms and proportions in which I have administered this invaluable remedy, and the astonishing, as well as gratifying results produced by it, have led me to still farther prosecute my experiments with it in almost every stage and grade of seminal and sexual disease, where the propriety of tonic and invigorating remedies are called for,* and having

* Frederic C. Skey, C. B. F. R. S., Consulting Surgeon to St. Bartholomew's Hospital, etc., in one of his clinical lectures contends strongly in favor of tonic treatment in gonorrhœa and gleet, and not without a good show of reason. He says, "When a case of gonorrhœa runs into gleet, weeks and months may be required for its cure, whereas primary gleet is usually curable in a fortnight or three weeks. The difference between primary and secondary gleet de-

used it now for many years, in both sexes, of almost every age, am prepared to say that, it is far superior to any other remedy of which I have any knowledge. That most distressing form of seminal debility, which results from an involuntary and frequent discharge from the urinary organs, is checked by it as if by the hand of Omnipotence itself, whilst the cheerful and exhilarating effects which it produces in all the functions of life, especially upon the brain, equalizing and moderating all the passions, and allaying all the causes of

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pends on the previous treatment of the gonorrhœa. If, in consonance with a too prevalent pathology, we class a case of gonorrhœa among the inflammatory diseases, and treat it with supposed antiphlegmonous agents, among which may be included purgative and other depletive medicines, reduced diet, vegetable food, and the entire suspension of vinous and fermented drinks, which have hitherto formed a part of the daily diet of the affected persons,—then, as a rule, the active gonorrhœa runs into gleet, and the same remedies being continued, the gleet will be protracted

undue excitement, so that those parts and organs, hitherto enfeebled through excess and disease, have time to recuperate, and are enabled to resume their natural functions. Although I can well say, with a distinguished writer upon these topics, that I have found no royal plan of accomplishing a speedy, or certain removal in all cases of the maladies under consideration, without the exercise of great patience and care, and that no man who possesses true medical and surgical skill will confine himself exclusively tc a few medicinal sub-

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to the extent of weeks, months, and in some constitutions, even of years. When I was on duty in the out-patient department at St. Bartholomew's Hospital, a man applied for treatment for a gleet of three years duration. He belonged to a large brewery on the mile-end-road, and had been accustomed to drink two quarts daily of strong ale, but had, by medical order totally abstained from his accustomed drink from the commencement of his malady. I ordered him to return immediately to his former beverage. Within a fortnight he had entirely recovered."—*London Lancet, Dec.* 1870.

stances that may have acquired notoriety as specifics, yet I can truly say that, in a more extended practice than has been vouchsafed to the generality of the profession, since my discovery of the remedy alluded to, I have met with greater success, and fewer defeats in subduing this form of disease, than I had before. Its great recommendation is, that, under no possible circumstances can it do any harm, and, unlike the common and standard medicines, almost always given and regarded as specifics, especially by those charlatans who infest every large city, it does not, and cannot, of itself, create inflammation and apparent disease, to enable an unscrupulous medical attendant to excite the fears, and frighten the patient into a protracted course of treatment, having for its object only the creation of a heavy bill to the pecuniary benefit of the practitioner.

Patients, however, must not be led into

the error that diseases of this kind are to be subdued instanter. In a large majority of cases the physician is not called upon until the patient, especially if he be a novice in these matters, has taken some time to speculate upon the nature of the complaint that is upon him; and is then restrained by feelings of shame and mortification, from making his condition known, or has tried his own skill, or some favorite remedy suggested by a friendly companion, in expectation that he will be spared the infliction as well as the expense of a professional consultation in regard to it; or, if he has resolved upon the latter course, precious time is lost in solving his doubts as to whom it will be the most advantageous to apply. The ordinary family physician, whose countenance and ways are as familiar to him as one of his "own folks," is not for a moment to be thought of. His first promptings will be to call upon some

one whose exalted standing and reputation as a physician, and position in society as a high-minded and honorable man, would be all-sufficient, not only to insure proper medical treatment, but in whose keeping, his character and reputation would be safe from exposure; for, it is a painful truth, that the suspicion of being the victim of secret disease is too often the cause of exclusion from society, and the coolness and neglect of former friends. The whole proceeding is the result, not only of inexperience, but is imprudent and unwise from beginning to end. In no other affair of importance do we act with so little discretion, and are so little guided by the prudential maxims of every day life. Ordinarily we would not apply to a learned and philosophic professor of speculative science, however wide his fame, to repair our chronometer, or to polish a diamond, simply, because he is not supposed to pos-

sess the mechanical skill and ingenuity necessary to the performance of such a piece of work. We seek out our shipwright, or carpenter, tailor and other mechanics, each according to their several trades, because as such they are known to be skilful and reliable. Such should also be our course in regard to our physician; and in the medical and surgical treatment of those terrible and life-destroying diseases of which we are now speaking, we should only resort to those who have gained their knowledge of all the peculiarities of these dread diseases by long and careful study, and an exclusive attention to them, enabling them from experience, rather than from books, to conquer the destroyer, in all the varied forms it is accustomed to present itself.

During the thirty years of my practice in this city the records of my business will show a list of nearly one hundred thousand

patients, comprising those affected with every stage and degree of private and sexual disease; and certainly not one of the many who are styled advertising doctors can boast of such voluminous epistolary correspondence as I have been obliged to keep up in connection with this extensive business. Although, as a general rule, I destroy all communications, where it is evident that the writer is particularly anxious for concealment, yet in many cases of especial interest, where the letters only embrace matters connected with the case and cure, I have preserved them as grateful recollections of the benefits I have conferred upon my fellow-men, and as honorable trophies of my success. Were not the fashion a hackneyed one, and open to the charge of fabrication for mere effect, I should reproduce here more of this correspondence, to confirm what I have said in regard to the happy and astonishing

cures performed by me, chiefly through those remedies known only to myself, and discovered by me through years of sleepless toil, self-denial, investigation, and unsparing pecuniary outlay. But I forbear, well knowing how liable such displays are to be misunderstood, and their truthfulness misrepresented by the envious and unsuccessful.

CHAPTER II.

THUS far I have limited my appeal chiefly to the young, and have refered only to the milder forms of secret disease, which, although less fatal in their immediate effects, if promptly and properly attended to, yet do, if neglected, mismanaged, or tampered with, lead to most distressing and often fatal consequences. I shall now proceed a degree further, and approaching the full-grown man, speak of the more terrific forms of this destroyer, such as it presents itself in all its power of evil and destructive might. If happily the youth has escaped, "as by fire," and in the consciousness of renewed powers and a purified body, has arrived at manhood, and assumed the cares and responsibilities of a husband and a father, he is still liable

to the same temptations; and what ever may be said of the folly or guilt to be attached to his conduct, may again become the victim of unclean and diseased sexual association. This time, however, it comes upon him, not in the simple form of a suspicious excretion of a viscid matter, staining his apparel, and tormenting him in the performance of one of nature's offices, but has seized upon him in some one of those formidable forms which, if unrestrained, even at the moment of attack, is most certain to eat its way to and through every part and organ of the machinery of life, until its hapless victim is laid out a poor deformed and crippled wreck of humanity, a loathing to himself, and a burden, and perhaps scorn to all with whom he is connected. When the individual finds himself in this condition, the instinct of self-preservation at once prompts him to fly to the first suggested means of relief; and every country

practitioner has ready at hand a mercurial preparation of some kind, found in the books ever since the art of printing was invented, and the science of medicine and surgery came out of the hands of barbers and apothecaries, and assumed the character of a separate and independent profession. It is useless to say that, that in ninety-nine cases out of the hundred, these old stereotyped prescriptions and remedies which, fifty years ago would occasionally effect a cure, are now, owing to the constant change which has been going on in the nature of these diseases, as inert and ineffectual to produce a cure as simple as water itself; and any one may now daily witness in the mutilated figures of many a passer along the thronged thoroughfares of our large cities, the horrid effects of mercurial preparations which have only succeeded in overpowering one disease by the substitution of

another, none the less fearful, and equally as destructive as the first. As I am not writing a pathological guide for the use of the medical practitioner, it is not my design, as before intimated, to confuse and embarrass the general reader by a methodical classification of symptoms and diseases. This is too often attempted by those who, by the use of technical and scientific terms, seek only to display their own attainments, and to lead others to think that they are wondrous wise. My effort will be to make myself understood in plain, simple language, so that the afflicted may readily comprehend the true nature of his situation, the evils by which he is threatened, and the proper course to pursue in the painful emergency in which he is placed. In the progress of this horrible disease to which I am now calling your attention, no part of the human system escapes contamination, nor fails to sympathize with the

local parts more immediately attacked. The virus is almost immediately transfered by the touch, by the irrepressible propensity felt to handle and examine the diseased parts, to almost every other portion of the body susceptible of contagion or innoculation, until the lips, nose, throat, eyes, and every opening and cavity of the body is contaminated by the deadly virus; whilst within, it is being circulated by the vital current, the blood, into all parts of the system. At this stage of the disease, no palliating nor half-way measures can stop its ravages. Self-treatment, guided and directed as it may be, by a consultation of the whole list of medical authorities, is utterless powerless. The caprices and changes characteristic of the complaint, are such that, only the experienced practitioner can detect its true character, and direct with certainty the artillery necessary to its overthrow. There is hardly a

day passes that I am not consulted by more or less of those who, neglecting the first approaches of this insidious destroyer, are so far enveloped in its embraces as to them it appears almost impossible to be cured. But when I have exhibited to them the incontestible evidences of the cures performed by me, of cases in many instances as severe as their own, they have manifested a joy which no pen can describe. Certainly it would have been better for them, as it would be more agreeable to me, had I have been consulted at an earlier period; but, nevertheless, whatever may have been the cause of neglect or delay, I am positive that the disease cannot long resist the almost immediate, powerful, and searching operation of the remedies which I apply. So far from resorting to those painful and severe caustic applications hitherto so common, and usually regarded as indispensable, I proceed by mild, emo-

lient, and soothing preparations for external treatment, which, aided by an internal administration of my great remedy, prepared in just the proper proportion, in connection with other healing and balsamic productions of the vegetable kingdom, all inflammatory action is at once quietly subdued. The tonic properties of the medicine is at once imparted to the system, the digestive organs become cleansed and regulated, and perform all their functions like a charm; and the curative and healing process goes on quite rapidly, and in exact accordance with nature's laws. By a strict adherence to the conditions necessary to be observed in the process of treatment, it is absolutely impossible that any failure or disappointment should occur; and what is most singular, where once this rare preparation has taken an effectual hold upon the system, not only does it drive off the loathsome disease, but it fortifies and strength-

ens the parts hitherto affected and enfeebled, so that, in a wonderfully short space of time they are restored to their pristine vigor, and no traces remain of the malady which so recently threatened so much devastation and ruin. Of all ages and classes of men upon whom the ravages of the sexual diseases are to be feared, there are none to whom it is so dangerous as to those in the meridian of life. This is doubly the case when the individual is at the head of a family. Not limited to himself; his wife, the lawful partner of his bosom and the mother of his children, is in danger of infection. Their natural protector and guardian, he finds himself the bearer in his own body of a virus more to be dreaded than that of the deadly upas. His social and domestic enjoyments are broken in upon by this foul fiend, and if he once yields to the solicitations of love, and in an unguarded moment gives way to its

gratification, the envenomed shaft has reached another victim, and beings yet unborn are not only possibly, but probably, made to share in his infection. There is nothing more certain than that this disease is thus propagated from sire to son, through many generations, and that scrofula, in almost all the hideous forms in which it developes itself, such as tubercular consumption, weak, sore and inflamed eyes, the early falling off of the hair, deafness, chronic and inflammatory rheumatism, spinal diseases of all kinds, are more or less frequently the direct consequences of the parent's indiscretion and disease, years before his ill-fated offspring ever saw the light of day. When I have indicated such fearful results as springing from a single cause, it cannot be necessary that I should again urge upon my reader the absolute necessity that, if he has unfortunately "been caught," there should be no de-

lay in his struggles to escape, and that his strength should not be wasted in misguided and misdirected efforts to attain that end. A single false step may plunge him into irretrievable misery and bodily ruin. No art can restore the mulitated face, the palsied limb, the vivacious countenance, or the sparkling eye, when once this disease has passed over them, and has left the impress of its poisonous seal. There is no rescue or salvation except in the immediate application of curative means; and all medical history and testimony will tell you that, up to this time, with all ordinary practising physicians, there has been no specific remedy found for this disease upon which any reliance could be placed, except in those rare cases in which mercury, in some of its many forms or combinations with other hardly less deleterious substances, have been found effectual; and then only, in overpowering the disease by

substituting in very many instances another and almost equally dangerous one in its stead. Every person of common intelligence is aware that, what are generally termed mercurial diseases are of themselves the most distressing, troublesome, and protracted of those the physician is called upon to treat. Painful, and even disgusting sores, eruptions, and discolorations of the skin, extreme susceptibility to atmospheric changes, sharp and shooting pains in the joints and limbs, frequent recurrence of torpidity in all the digestive organs, dyspepsia, with its long catalogue of horrors, exfoliations of portions of the bones, particularly in those parts especially exposed to observation ; these, and many more, too numerous to mention, are but a part of the serious evils arising from the indriscriminate use which has been made of this powerful drug in the cure of private diseases.

With what joy and gratitude then, should mankind hail the discovery of a system of thorough cure, unattended by any such dangers as I have described. A system so mild, so positively certain in its effects, and withal, so harmless as to be utterly incapable of doing injury in any case whatever. And then again, there are other consequences, not less serious and regretable, entailing unhappiness and discontent in all subsequent life. Impotency, that bane of married life, is not an infrequent consequence of not only the diseases to which I have alluded, but of the very remedies which have been unwisely and unskilfully administered for their cure. How many there are, who, in every other respect seem admirably mated, and in every way constituted to render each other happy, but whose desolate households indicate, but too surely, the cause of domestic disquietude, or an aching void, which can

only be filled by healthy and beautiful offspring.

Whatever may be the worldly circumstances of those who have entered into marriage relation, the perpetuation of themselves in their children is one of the very first promptings of their hearts; and failing in this, the domestic hearthstone becomes cheerless, and the gifts of fortune, however numerous, are comparatively valueless and lightly esteemed. It is in cases of this kind that my remedies have proved of priceless and inestimable value. It matters not from what cause the inability may arise, whether from previous disease, or the injurious effects of unwholsome and poisonous drugs, or the weakening and disorganizing effects of early habits. I have never yet failed to reconstruct and restore the enfeebled powers to effective vitality, and to enable the husband to be in a condition not only fully to enjoy all

the pleasing concomitants of wedded life, but to realize his dearest wishes in the ability to propagate his species, and to raise up children to cheer, bless, and comfort him in his old age. That this can be done most happily and effectively, without resource to any painful surgical operation, without resorting to those tonics and stimulants which, after producing a momentary excitement, leaves the patient more exhausted and enfeebled than before, I know; and there are hundreds now living within but a very narrow circuit of the place I now write, who can bear joyful testimony to the truth of my assertions.

Let no one despair of help, for I assure him that, unless nature herself has been wanting in her usual gifts, and some such unwonted calamity as emasculation has taken place, I can most certainly restore all his lost or waning powers, and render him happy and hopeful in that home where

before, he was cheerless and desponding. That this deficiency or loss of power may become more obdurate, and less easy to overcome, by omiting seasonably to resort to curative means, is also certain; hence the necessity of attending to it as soon as the difficulty is known to exist. Delay only renders its removal a more protracted and aggravating process, whilst it cuts short days and years of bliss which might otherwise be enjoyed. Persons who find themselves incapacitated to a full fecundative exercise of all the virile functions, should never rest satisfied short of a complete restoration of all their faculties; and to effect this through the safest and surest means should be to them a matter of the gravest consideration. Almost every locality, and especially our large cities, are literally crowded and overrun with unprincipled adventurers, whose pretentious abilities are to the well read physician,

equally preposterous and absurd. They are men like those who

"Steal the livery of heaven to serve the devil in,"

and seek to enshroud their former insignificance and obscurity in some name, the possessor of which may at one time have had some distinction as a medical practitioner. These imposters and scourges of society waylay and beset the invalid and the suffering at every turn, and most unfortunate is the credulous and unsophisticated wight who suffers himself thus to be entrapped. Not one in fifty of them can boast of a single degree of medical knowledge or skill beyond that acquired perhaps as servant to some invalid, or gained from a superficial study of some old book of useful receipts which has alone constituted his whole medical library. Of this class of pretenders you cannot be too guarded. Of such it may be truly said: "They allure with a look, a wink, a nod. Hell does not contain

so foul a fiend, nor earth so fell a foe; the helpless and unfortunate are their victims, murder is their employment, and death their sport." I would not lay such stress upon this caution against empiricism and quackery, did not every day's experience more fully demonstrate to me the vast amount of mischief perpetrated by these reckless adventurers. Cases in which, had a thoroughly skilled specialist been consulted, in the first instance, would, with but little loss of time, and but moderate expense, been rapidly made to give way to the proper medical treatment, have, through sheer ignorance, been made to assume forms so disgusting, repulsive, and dangerous, that I have long hesitated to assume the responsibility of prescribing for them.

Intimately connected with those diseases having their origin in impure sexual intercourse, are others, which, though not traceable to the same cause, are none the

less troublesome and very often the means not only of aggravating the sexual diseases, but tending to complicate them and perplex the medical attendant, as well as to create greater distress and pain to the sufferer himself. Watery collections in and between those parts constituting the genital organs in man, are frequent; and sometimes the causes are so involved in obscurity that the most skilful surgeons are often at a loss how to account for them. This difficulty, known to medical men under the name of hydrocele, has ever been regarded by the profession as incurable by medical treatment, and only yielding to a surgical operation. Palliatives are resorted to, and the inconveniences arising from it obviated in part by drawing off the contents of the sac by a trocar, and by such other mechanical appliances as the ingenuity of the practitioner may suggest. The many aggravated cases of this kind which I have

met with in my practice, the almost insuperable bar presented by it to a successful treatment of a contagious disease affecting the parts at the same time, the reluctance with which the patient would listen to any suggestions as to the employ of "instruments" or mechanical appliances for his relief, spurred me on to every effort in my power to relieve this very painful and dangerous disease. Nor have my researches been in vain. I have discovered remedies, by the proper administration of which, this complaint is made to disappear almost as rapidly as mist before the morning sun.

The clumsy and expensive apparatus hitherto applied; the dreaded trocar, the stimulating injections of former days, are entirely dispensed with, and by a medicine prepared only by myself, a process of absorption is engendered by which the disease is radically cured, almost unconsciously to the sufferer. And although I

am constantly prescribing for, and treating it with the most signal success, and to the entire relief and satisfaction of my patients, and hundreds of my medical brethren are aware of the fact; yet, if applied to themselves, and enquired of as to their ability to cure it, reply, that medical treatment would be unavailing.* In view of these

* For no disease am I more frequently called upon to prescribe than this very troublesome and painful complaint, HYDROCELE; a term applied to a chronic swelling produced by a collection of fluid in connection with the testicle or spermatic cord. The forms, varieties and complications of this disease are so numerous that to name them to the general reader they would be difficult of comprehension and only perplexing. It is one of those disorders that should only be treated by the skilful practitioner, whose studies have been well fortified by an extensive experience. A swelled scrotum, or bag, on being shown to an ordinary physician, may be pronounced by him to be a case of hydrocele; and so it may be. But can he tell you of what variety it is? There is hydrocele of the testicle; of the spermatic cord, and of the Hernial sac; of the former there are different grades, such as the vaginal and encystid: these, distinguished further as, whether simple or congenital: of the Epididymis,

facts I feel impelled, from a sense of duty to suffering humanity, to invite every one afflicted with this complaint, to apply to me for relief. I will not merely refer them to testimonials of undoubted authenticity and credit as to what I have accomplished in this respect, but will convince them, by means easily to be comprehended, that this

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or the Tunica Albuginea; and so on; to name which would only perplex, not benefit the reader. Nor need I go into a particular detail of symptoms of this complaint; the sufferer is too readily apprized of them to need a very particular description. Acute pain and dragging down upon the spermatic cord, upon which the testicle is suspended. The testicle itself retreats, as it were, back of the centre of the bag, which begins gradually to enlarge with the accumulating serum, until at length, the annoyance, superadded to the pain, drives the sufferer to seek medical aid; and there is hardly one in ten doctors to whom he would most likely apply, able to tell him whether his complaint is hydrocele, scrotal hernia, or malignant disease of the testicle. Usually, when a patient applies to a physician or surgeon with hydrocele, he resorts at once to operative treatment; either palliative or radical. The palliative treatment is quite simple, of easy performance, and if proper care be taken, free from dan-

great desideratum in the healing art has at length been discovered. I know to what extent I incur the liability to the charge of egotism in making this assertion, and the slowness of the public to give credit to claims of extraordinary discoveries, especially in the treatment of those complaints which have so long baffled the skill

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ger; but the relief it affords is only temporary. It consists in puncturing the sac, so as to allow the escape of the fluid, and thus reduce the size of the annoyance. By some, injections are resorted to. Within the last ten years they have been extensively tried in Europe, and with a success that has led to their pretty general use in this country,—but I do not advise them. I have found that a process of absorption may be induced which does away with all this mutilation, pain, and danger, always incident to a surgical operation. After many years careful and exact trial of every hitherto tried means of reducing this disorder by mechanical remedies, I am satisfied that there are but few of its forms in which proper thereœputic remedies only will be needed to effect a cure. Within the last year I have treated some sixty cases, and in none have I been obliged to resort to the knife or trocar.

In confirmation of what I have said above in regard

of the most renowned physicians; but they must remember that such has been the case in every age of the world; and that Darwin and Harvey, and Jenner, are not alone in having been the butts of ridicule and persecution, because of their discoveries and efforts to benefit mankind by the introduction of new modes of warding off and curing disease. No dread of ridicule, nor the opposition of those who con-

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to the treatment of hydrocele, I only need refer my readers to what the most of them have frequently heard of, at least as to the results of "tapping" in cases of dropsy. How often do we read in the newspapers that such and such a person who has died of dropsy, has had gallon after gallons of water taken from him by "tapping," until the quantity has become almost too enormous for belief. The truth is that such operations are only palliatives, and induce a greater secretion; thus puncturing in hydrocele simply operates as a duct and stimulent for the serum to settle in the scrotum, and a tendency to do it. Radical treatment changes this tendency, and by a process of absorption *diffuses* the fluids, so that they may be excreted through the natural outlets, such as the skin, urinary passages, sputum, etc.

sider themselves as exclusively authorized to prescribe for disease, shall ever deter me from thus boldly making known my ability to benefit my fellow-men.

In the foregoing, so far as I have addressed myself to those of middle life, whose physical organs have become matured, and in whom few or no organic changes are likely to occur for many years at least, I have called attention chiefly to such complaints and infirmities as immediately accompany, or closely follow, those self-engendered and contagious diseases, the results of careless and promiscuous connection with those of the other sex. I have alluded also to the impediments which it creates to the formation of happy and permanent domestic relations, and to the satisfactory performance of all that is meant and intended in the marriage rite; and if I have not catalogued all the miseries and evils flowing from the causes set forth,

it is not that I regard them as of minor importance, but it is that I have indulged the hope that no one in his sober senses, with such dangers impending over him as those which I have described, would, for a single hour, delay application to the proper source for relief. Varied, aggravated and accelerated as they are in the different forms they assume, by reason of temperament, diet, constitutional defects, and the usual pursuits of business or amusements, there is no perfect standard for measuring their intensity, save in the long-tried skill of practical experience; and I do not here purpose to load your mind with complicated details and nice distinctions which to you would be entirely unintelligible, or, if understood, you would not be able to derive from them any solution to the difficulties and dangers which encompass you. This can only be afforded you by competent medical aid; and I now, in the full confi-

dence in my ability to relieve you of every trouble with which you are assailed, either now or in the prospective, invite you to try those truly healing remedies of which I am the discoverer and only possessor. One of the greatest mistakes is that in which the victim imagines that if he discontinues such violations of the laws of his being, and becomes more temperate, regular, and abstemious in the indulgence of his passions and appetites, that disease will disappear, and the recuperative powers of nature will remedy every evil. But it must be borne in mind that DISEASE IS NOT SELF-CURING. The causes which have done the mischief and inflicted the injury must be removed before anything in the whole range of medical science can cure you. So long as there remains lurking in the system any relics of those fatal effects of the poison, engendered either by disease itself, or the improper remedies hitherto

taken for your relief, you are in danger. Not only protracted and exquisitely painful complaints, such as chronic rheumatism, spinal affections, and the development of tubercular diseases, attack and threaten you with all their untold horrors and dangers, but death itself may warn you with its quick, sharp, paralytic stroke, that it is nigh at hand, and that the time for all earthly aid, with you, has passed forever. I must not omit to name another result of excessive sexual indulgence, the diseases incident to it, and the maltreatment to which they are so often subjected; premature exhaustion and decay; and this leads me to the third part of this little treatise, in which I design to address a few words to those who, having passed through the age of ripe manhood, have entered upon that period of life when, in the course of nature, the natural powers begin to wane, and the passions and appetites become less

clamorous in their demands for gratification, or if not, in whom the physical capacity necessary to that purpose is diminished through former excessive indulgence, or as a consequence of the emasculating effects of the vile compounds to which they have been subjected through the ignorance and stupidity of those whom they have consulted when requiring medical treatment; and I may as well remark here as anywhere, that the early loss of sexual power may very often be justly attributed to an excessive indulgence in other than in the unrestrained gratification of the desire for sexual intercourse. The early and indiscriminate use of stimulating and alcoholic drinks, an excessive use of tobacco, by which its nicotine qualities are absorbed and taken into the system, especially with those who lead sedentary and inactive lives, are among the many causes of premature decay; and when this period arrives,

and full consciousness is felt that such is really the case, what can be more depressing to the mind, or more calculated to inspire an aversion to life, and to regard all its hitherto anticipated pleasures and promised blessings as a base delusion and a cheat?

CHAPTER III.

AFTER the attainment of the ages of fifty-five or sixty years, in man, the generative powers gradually diminish, and, declining with increasing years, at the age of seventy and thence onward, cease to be able to accomplish the objects either of gratifying the passions, or the perpetuation of his species. The deprivation, however, of these pleasures are not the only loss which he feels, and over which he is called to mourn. With the symptoms of approaching decay, and the waning forces of manly power, he is sensible also of a decline in those mental and executive faculties by the force of which he has hitherto been enabled to overcome obstacles to success, and to acquire wealth and position in the world. It is true, that occasionally we

meet with men of even three score years and ten and upwards, who display in all their movements and calculations but few or no evidences of senility, and who, up to a very advanced period in life, seem to enjoy almost unbroken powers both of mind and body. I do not refer to that class of old men, the fag end of whose lives are devoted to the gratification of the baser passions of avarice and gain, which outlive every other sentiment, but to those whose bodily powers, carefully husbanded and preserved, have suffered no untoward deterioration by the habits and practices of youthful indiscretions, nor the excesses of middle age. These, having performed all the requirements of life's duties well, justly, in the evening of its journey pass calmly onward to its close, uninterrupted and unassailed by any of those evils which embitter the declining years of the great majority of our fellow beings.

These last, unhappily, in almost every stage of their progress, are constantly requiring the fostering care of benevolent hearts and willing hands to direct and lead them over the, perhaps, too dreary and barren wastes spread out before them, and to some extent the aids of science to assist in reinvigorating their dormant faculties. I have devoted much time to this interesting study, how best to restore to its former possessors the lost powers of virility, so as to enable them at a comparatively advanced period of life to enjoy again, to a rational extent, all the pleasures of ripe manhood with those of the opposite sex. Pursuing my investigations upon strict scientific principles, and aided by the ample means for experiment which my extensive practice has afforded, I have arrived at results as gratifying as they were new and astonishing. Without laying any claim to any such discovery as that wonderful

fountain of youth which tempted the too credulous Ponce de Leon to brave the dangers of an unknown sea, I may, nevertheless, claim a discovery, which for centuries has baffled the skill and research of the most eminent philosophers and sages which the world ever produced. I have succeeded in doing this without in any degree whatever drawing upon the reserved forces of life, so as to induce exhaustion and prostration after each recurring effort; but its effects are so gently and gradually tonic and stimulating as to give permanent vigor and tone to every part of the system. Old age is thus shorn of half its terrors, and life, indeed, remains a perfect blessing to its very close. Not only are all the procreative faculties restored and invigorated by these wonderful remedies, but every part of the body is made to share in their healthful and life-giving properties.

I would not thus speak so confidently and assuringly had I not witnessed in numberless instances the complete realization of all which I have here described. It is not yet three months since I was called upon by a gentleman of over sixty years of age, whose circumstances, in relation to property and family affairs rendered it highly expedient that he should take to himself a wife, after twice having become a widower. Although he felt, as he told me, in regard to that matter, the danger as well as what he considered the impropriety of uniting himself to one so many years younger than himself, as was the lady for whom he felt a decided preference, he could not well resist the inclination he felt to be governed in the matter by the motives of choice exclusively, provided he could feel assured that subsequent events, anticipated from conscious debility and impotence by reason

of his own advanced age, could be so controlled by medical skill as would obviate all danger of disagreement and infelicity between them after the marriage ceremony. I gave him the reasons for my strong conviction that this could be satisfactorily accomplished for him, and he immediately subjected himself to the regimen and treatment which I imposed. I found in him a most submissive and docile patient, who unhesitatingly and faithfully followed the directions I gave him; and I had the gratification, as well as the pleasure of seeing him, in less than three months from the time of his first application to me, rejoicing in the possession of the woman of his choice. He subsequently informed me, with a countenance beaming with gratitude and thanks, that, there was not a happier or a more contented couple on the face of the earth; and he attributed to me, and the truly happy effects of the medi-

cines I had prepared for him, the happiness which he then enjoyed. Indeed, I might cite other cases equally as interesting, but I do not feel at liberty to particularize, lest I might wound the sensitiveness of those who have confided to me, in my professional capacity, those matters which I cannot conscientiously nor honorably refer to, even to encourage and benefit others in a similar way. Let every one, however, be assured that age no longer forms any impediment to an enjoyment of all the physical functions of our being, and that wedlock, so far from being shunned as a severe and unhappy test of the virile forces, resulting only in failure and mortification, may now be consummated with all the assurance, hopefulness, and ardor of youth.

Thus far it will have been noted by the intelligent reader, that I have addressed myself almost exclusively to gentlemen,

and my observations respecting the evils arising from masturbation, or self-abuse, excessive and promiscuous indulgence, and the various evils resulting therefrom, have been directed chiefly to those of the male sex, for whose benefit this treatise was originally designed. I am quite well aware however, of the fact, that its circulation and perusal has not been entirely restricted to them, and that it has found its way, in no very limited degree, into the hands of both married and single ladies. In order therefore, that they may find in it matter for their especial consideration and benefit, I have thought it advisable to discuss somewhat more at large, and in accordance with their physiological structure, the same topics, at least so far as to render this work useful, as well as interesting to them. What I have said in regard to early habits, the undue exercise of the passions, and the mischief arising

from excess and indiscretion, is as applicable to them as to those of the male sex. It does not require that the female should be learned in all the anatomical and physiological knowledge which science can impart, concerning those things, that she should be able to comprehend and appreciate the difference which exists between herself and her brother in this respect. Instinct is far better than books, and she knows better than books can teach her, that, only in model and form she differs from her mate; that she is moved by the same passions, subject to the same infirmities, and victim to the same diseases as he is; that like causes, so far as disease is concerned, produce in her the same effects as in him, varied only by the difference in structure, and hence submissive to the same remedial treatment. But there are other and different classes of disease to which she is subject, and of which the

male cannot participate. More delicate in their organization, and less robust, owing chiefly to their seclusion, the female cannot resist the changes of atmosphere, climate and circumstances, so firmly as can the hardier male, and, owing to various causes, well understood, she often becomes, from her earliest years, the subject of pain and suffering, of a nature to which he is an entire stranger. If, however, she unfortunately becomes afflicted with any of those troublesome and offensive diseases affecting the urino-genital organs which require medical treatment (and there are very few which do not), the same remedies, differing only in form of exhibition, are in most cases applicable to both. In those sexual diseases arising from promiscuous intercourse, such as gonorrhœa, chancroids, chancres and syphilis, in all its various stages, the same pharmaceutical agencies are resorted to, and no intelligent person need

be misled or confused in their application or use, by reason of the difference of sex.

Except in those cases where a resort to instrumental agencies, such as the use of bougies, the catheter, and sometimes even syringes are called for, the administration of remedies for the ordinary diseases of the procreative organs, is as simple a matter as the taking a cathartic pill, or a bowl of herb tea. In cases where urethral injections are necessary, although it is more advisable that they be administered under the immediate supervision of the medical attendant, yet with a little instruction from him, carefully heeded and understood by the patient, injections may be safely self-administered. It now only remains for me to particularize the various sexual complaints most generally prevalent, and which you may be permitted to treat for yourselves, until proper medical assistance can be procured. Of these,

GONORRHŒA OR CLAP

Is the most common, and unfortunately the most easily and readily taken, especially by the male. This is an affection confined exclusively to the urethra, and makes its appearance in from two to three, and sometimes four days after exposure. It is produced solely by the introduction of the virus into the meatus or opening in the male organ, where, communicating with the mucuous membrane, it infects the whole passage, gradually progressing from the opening downwards, until the whole is infected and subjected to the inflammatory action of the poison, producing in its course, the purulent discharge, the chordee and painful erections, gleet, etc., with all the distressing and annoying accompaniments which invariably attend it if left unchecked, or improperly treated.

The approach of the disease is unmis-

takeably indicated by the slight inflammation at the meatus, or opening, the general uneasiness and pain in the region of the hips and loins, the burning and scalding sensation in passing the urine, when the purulent discharge, staining the linen to a dull yellow, tells the whole story, and assures you that you have got the clap. At this stage of the disease your course of action is clear. You should not hesitate a moment; do not wait to make certainty more sure, by pretending to doubt whether you are or not diseased. But do not get frightened, nor become excited; that would only add to your trouble and augment the difficulties of an early suppression of the disease. If you are not convenient to a reliable physician, get a small glass, or gutta percha syringe, and also from the apothecary the following: Sulphate of zinc and tannic acid two grains each, dissolved in two fluid ounces of pure soft

water, putting the solution into a wide open-mouthed vial, so as to draw it up with the syringe directly from the vial, rather than being under the necessity of first pouring it out into a cup, and from thence filling your syringe. The ordinary glass syringe, half filled, will be sufficient to begin with. Having emptied the bladder, by passing your urine, with the syringe in the right hand, working the piston with the fore-finger, insert the pipe into the opening, and grasping the organ, some two or three inches down, pressing the passage together, so as to prevent the injection from passing beyond, inject the solution carefully and neatly, so as to fill the passage from the orifice downward, to where you have closed it by the pressure of your left thumb and fore-finger; after withdrawing the syringe, close the opening by your right thumb and fore-finger, and with your left, gently work up and down for a mo-

ment along the passage, so that the injected solution shall fairly wash it on all sides; this may be repeated once, so as to make sure that the injection has been thorough. This operation may be gone through at least three times a day, for three or four days, when, if the disease does not subside, it is evident that this, as it is termed, the abortive treatment, will not avail. If it has not, you will in the meantime be reminded of it by an increase in the discharge and violence of the inflammation, with, it may be, a chordee, which is a consequence of a turgid state of the lower division of the penis, which prevents its expansion during erection, leaving it bent downwards, and occasioning almost inconceivable pain and distress. This may be alleviated by the application of ice, cold water, or, what is just as well, throwing one's self down upon the cold floor and exposing the parts to the air. But when the disease has

attained this stage of its progress, the syringe becomes not only useless, but positively dangerous in the hands of one who is not an expert, and other remedies must be resorted to. These are, first the doctor, and always the doctor, but if the doctor cannot be reached, then I should advise palliative remedies, until he can be consulted. Of these, some one of the various preparations of copaiba and cubebs may be taken. The following recipe can be put up by almost any apothecary, and will be found efficacious: —

Two ounces copaiba, one ounce powdered cubebs, one-half drachm aluminis, and magnesia sufficient to compound a mass, divide into pills of five grains each; take four to six three times a day; or, if the patient is of weak habit and delicate stomach, take copaiba two ounces, magnesia one ounce, oil of peppermint twenty drops, powdered cubebs and subnitrate of bis-

muth each two ounces; divide into pills of five grains each, and take three, three times a day.

In case of a very severe chordee, camphor is a very common remedy, and when taken in a liquid form, seldom fails to give relief. One drachm of the tincture in a glass of sweetened water, taken on going to bed, and every time you wake up with chordee, will give great relief, whilst perseverance in the use of this remedy will often cause all tendency to this distressing symptom to disappear in two or three nights. It cannot, however be always relied upon, nor is it all times safe to be administered, or taken unadvisedly. Some persons it affects injuriously by its powerful stimulating qualities, and consequent action upon the brain and optic nerves, often producing discoloration and temporary derangement of vision. In the absence of especial remedies for such emer-

gencies, a cloth wetted with cold water and applied to the parts will alleviate the severity of the paroxysms until you can consult with your physician, and more active remedies may be obtained. I would never recommend the use of any powerful opiates or narcotics in such cases, not only by reason of their generally dangerous qualities, but of their secondary injurious effects upon the digestive organs, and tendency to produce constipation of the bowels, which should be carefully avoided.

I have not alluded to the use of nitrate of silver, as an abortive remedy in the early stage of gonorrhœa, although of all substances, it is undoubtedly the most efficacious and reliable, but in inexperienced hands, is exceedingly dangerous, and I would not advise its use, except under the immediate direction of a physician. It is a well-known fact, that the disease will often exhaust itself in time, but in running

through its various stages, it sometimes takes months; in the meantime the victim suffers untold torments, which the expenditure of a few dollars, and the timely aid of a good physician would have saved him.

GLEET.

Not the least of the disagreeable and uncomfortable consequences of a protracted and badly managed gonorrhœa, is a discharge from the urethra of a serous, mucous, or muco-purulent character, unattended most generally, with pain or scalding in making water. In some instances, the lips of the meatus or opening will be found glued together, and a drop of yellowish fluid may be pressed out. This appearance is sometimes seen only in the morning; occasionally there is a constant running from the urethra. The patient's linen may be without stains for days, as

long as he leads a regular life; but let him indulge in any excess of drink, or take exercise, and at once the symptoms and annoyance return, and may continue for months, or even for years. A person who may have contracted gonorrhœa, and allows it to progress, or leads an irregular life during treatment, the discharge continues often in spite of the usual remedies hitherto resorted to by the faculty, until the strength, as well as the means of the sufferer, become completely exhausted. Thus, as before stated, months, or years, may pass, and the patient remain in *statu quo*. Treatment with the usual category of cubebs, copaiba, iron, etc., may relieve it for the moment, but it returns again and again under slight causes, to the great annoyance and disgust of the patient. At an early period of my practice, my attention was particularly called to the difficulty of treating

these cases, so as to effectually cure the gleet, without a danger of its recurrence under any of the exciting cases to which I have alluded. But under the old system of practice, I found nothing satisfactory; therefore, I felt the necessity of a deeper investigation into the nature and causes of this complaint than had hitherto been done. By the aid of microscopic examinations of the discharge itself, as also the condition of the urethral canal, I became satisfied that the system of treatment which had hitherto prevailed, was radically wrong, and that, under ordinary circumstances, the introduction of caustics, counter irritants, etc., in the form of injections or armed bougies, were, for the most part, except where strictures existed, as useless as it was a dangerously painful infliction. The mistake on the part of practitioners seems to have been that, they have regarded gleet as a simple

sequella of, or "*after clap*" to gonorrhœa, whereas I regard it as the disease itself in its chronic form, equally as contagious, and, if not as painful to be borne, equally as dangerous to the general health, and far more likely to perpetuate its evils upon the wife and offspring than acute gonorrhœa, in its earlier stages. Certainly, to a physician, conscientiously anxious, as I was, to really benefit my patients in my treatment of them, here was great room for inquiry; whether something new and outside the beaten track might not be discovered successfully to combat this formidable malady; and I gave to it my best attention, and I am happy to say that my exertions have not been in vain. For many years I have been in possession of remedies by the use of which gleet, or as I consider it, chronic gonorrhœa, is entirely shorn of its terrors, and rendered entirely inoxious, and as

submissive to medical treatment as any disease whatever. In whatever stage it may be, I claim the remedy to be infallible, and am ready to warrant a cure in all cases. By its use I have frequently cured a long-standing and obstinate running, in a single day, and sometimes by a single application ; but these are exceptional cases. In effecting a cure, age, occupation, habits and temperament of the patient, are, of course, to be taken into consideration, as, what would cure Jones in a day or two, might not accomplish it for Smith in a month, and yet, I am so certain that it will cure, that I am willing to stake my reputation upon its success. From what I have said, the reader need not be further instructed as to the necessary precautions to be taken when this affliction is upon him. The avoidance of all excess and fatigue, with abstenance from sexual intercourse, especially with a wife or such others as he

would not wish to infect, is of the first importance. Without any design or desire to herald my discoveries in this particular to the advancement of my own interests, professionally or otherwise, I am led to make the fact generally known, so that sufferers may be relieved from anxiety and suspense, and be assured that, gleet or chronic gonorrhœa need not "hang on" forever, if they will but make a trial of the remedies which I can furnish them.

STRICTURE.

Another of the consequences, as well as accompanyments, of gonorrhœa, is stricture. This is the most complicated, painful and troublesome of all the mischiefs arising from badly treated and protracted cases. In its treatment, nothing that I could say would be of material advantage to the sufferer, as it is certain that he cannot

beneficially treat himself. I can only point out the him those signs and symptoms which will unerringly intimate to him the existence of stricture, and the absolute necessity of surgical assistance, if he would obtain relief. The existence of stricture may be inferred whenever a natural flow of the urinary discharge is interupted. Medical writers have taken great pains to arrange and classify this disease, and the books designed solely for the profession, describe the various kinds under the heads of '*permanent*,' '*spasmodic*,' and '*inflammatory*.' Any of them are bad enough, and I do not think it worth while to inflict upon the general reader a special treatise upon their peculiar characteristics, as it would be of no earthly benefit to him. The greatest benefit I can do him, is to point out with sufficient clearness, how he can decide for himself; that it is stricture that prevents him from

urinating, or, that only allows him to pass his water in a forked, spattering stream, or in scanty drops, or that he is obliged to strain, or that there is that general uneasiness and painful bearing down and convulsive action accompanying the effort to unload the bladder. That eminent surgeon, Sir Benjamin Brodie, in his invaluable work, gives a very good idea of this trouble, "A man," he says, "who is otherwise healthy, voids his urine one day in a full stream, on the following day, perhaps, he is exposed to cold and damp; or he dines out and forgets, amidst the company of his friends, the quantity of champagne, or punch, or other liquor containing a combination of alcohol, with a vegetable acid, which he drinks. On the next morning he finds himself unable to void his urine. He has stricture. From the moment this fact is ascertained, no time should be lost, as every day increases

the evil, and from a simple adhesion of the walls of the urethra, curable by proper applications in a few days; it will, if neglected, by turns assume all the formidable shapes of this terrible disease, to the torment of the life of the victim, until the most painful and dangerous surgical operations will only be availing in its eradication and cure."

The reader will have observed that in all the foregoing pages I have carefully avoided entering into details, or giving way to that style of composition which seems almost inseparable from the medical profession. I have not, by a prolix and confused use of medical and pharmaceutical terms, perplexed his mind, nor sought to inspire an opinion of my skill, by an exhibition of professional and technical terms, only understood by the regular student and philologist. I have rather sought to intimate, in plain and readily understood

language, matters and subjects upon which a great deal of ignorance unfortunately prevails. I have sought to point out the dangers and perils arising from certain causes, which are to-day working a vast amount of evil and distress throughout the whole country.

I have also called your attention to the ready and certain means of cure which I possess, and of which all may avail themselves at a moderate expense, without incurring the least danger of relapse or exposure. And finally, I invite you to test an experience of over thirty years' uninterrupted practice, in which I have more successfully treated every disease to which humanity is liable, than any other physician in New England.

My arrangements and provisions for this purpose are most extensive, and peculiarly adapted to suit and please the taste of the most delicate and fastid-

ious. My reception rooms are ample, and even luxuriously furnished; and patients, whilst waiting for, and during consultation, are free from all inquisitive observation. My medicines, which are all prepared under my own immediate supervision, are procured for me by herbalists of rare skill, and imported for my exclusive use; and whilst I devote every faculty I possess to the relief and cure of those who place themselves under my care, I am particular also to so regulate and apportion the price of my services, that none, however unfortunate, need be kept away by the fear of excessive, or exhorbitant charges.

CHAPTER IV.

I PRESUME that there are many who, on opening this book, expected to find a larger number of prescriptions for the cure of diseases; also directions for taking the prescribed remedies, and rules for diet, etc., etc., while taking them. Here let me say, that whoever looks for that, in any properly prepared treatise of this kind, will always be disappointed. I would most cheerfully send prescriptions to sufferers, but it would be utterly impracticable, for the reason that the principal remedies, which I use in curing diseases, are imported by myself, from foreign countries, for my own practice; and very many of them, the most efficacious, cannot be obtained from any druggist in this country.

The reader will readily see that any prescription, under such circumstances, would be worthless to him. I not only import my herbs, barks, roots, and medicinal plants, but I myself prepare them for use. I do this that I may be sure, beyond all doubt, that my patients get the pure article, without any adulteration, or any possibility of mistake; and to this fact I attribute, in a great measure, my success in treating and curing disease. The concentrated form in which I prepare them, enables me to send them to any part of the country by mail, or by express, at trifling expense; so that there would be really no reason for furnishing prescriptions to my patients, even it they could get them compounded by the druggist.

I have thought that I could not do a better service to my readers than to give a selection from the large correspondence I am daily receiving from persons seeking

my advice, or such as have been under my care, as somewhat illustrative of the peculiar cases I am most frequently called upon to treat. These letters are not only calculated to show the embarrassments under which invalids frequently labor in regard to the choice of a physician, when seeking to regain lost health, but narrating, as they do, actual cases attempted to be described by the sufferers themselves, they may enable the reader to compare his own with them, and to judge whether he may not, with every hope of relief, resort to the same means of cure.

Whilst, as a general rule, I usually destroy correspondence of a private nature, especially all such as I consider that the writers would prefer not to be in danger of a perusal by any other than myself, there are cases which I consider of too interesting a character, and which required a degree of care, skill, and attention, to

perfect a cure, that I have, in the interest of humanity, preserved such an outline of them as would enable me to refer to, and recall whatever of importance might be connected with them, for my future guidance in similar cases. In such circumstances, I preserve only transcripts of all the correspondence, destroying the original, whilst I erase all names and other means of exposure, of matters which might wound the sensibilities of the writers.

The subjoined letters I have selected, because they represent, better than I could otherwise do, different grades and classes of physical disability produced by causes particularly treated upon in this book, and which, more than any other class of diseases, I have been called upon to treat. From thousands of similar endorsements of the happy results of my system of medical treatment, I am em-

boldened in claiming for it a superiority over all others. The LIVING WITNESSES, whom I daily meet and recognize as of those who have, in their persons, experienced the healing, life-preserving efficacy of my remedies, and who, from being debilitated, broken down, despairing invalids, looking forward to death as the only termination of their sufferings, are to-day in the enjoyment of all the blessings which health can confer, and amongst our most useful, active, and and enterprising citizens. With such examples before them, no one should hesitate or delay a single hour in securing to himself the means of recovery and restoration which I am fully prepared to offer him.

From the fact that I have, in this little volume, called the reader's attention chiefly to those disorders arising from an indiscreet and overtasked indulgence of the sexual and procreative faculties, some of

my readers may be led to infer that I limit my practice exclusively to them. This would be a mistake. Being a regularly-educated physician, my range of practice is not restricted to any particular branch of my profession, although I have devoted a large share of my attention to the investigation and study of the utero-genital organs, under the belief that to them might be traced, much oftener than is generally supposed, a large share of those diseases which annually disables, and eventually carries off, so many thousands of our most promising and interesting young men. Consumption, diseases of the heart and liver, rheumatism, imperfections of sight and hearing, baldness, and many other complaints intimately connected with, and in a large degree owing their early developement to causes directly resulting from a too-frequent violation of nature's laws *in this very thing*, are sub-

jects in which I feel myself fully justified in recommending my remedies, and in which I have been equally successful in my treatment. To either sex, male or female, requiring medical or surgical treatment, I am prepared to offer every facility and convenience whilst prescribing for every case of disease or accident to which the human frame is liable. Medicines carefully prepared by myself, neatly and securely packed for transportation *to any part of the world*, with every needed direction for their use, as the case may require, will be promptly forwarded to such as may wish to avail themselves of my professional services.

(Letter from a gentleman.)

G———, Me., Sept. —

Dr. Frederic Morrill:

Dear Sir: It is under feelings of the deepest despondency and mortification that

I address you this letter. I have long contemplated doing it, but my resolution has failed me whenever I have sat down to accomplish it. I am, however, reduced to that degree of hopelessness, and, I may add, helplessness, that unless I do something, and that most speedily, I shall be so completely shorn of all energy and manhood as to be utterly incapable of making myself understood by you or any one else. You already, I imagine, comprehend the difficulty under which I labor. I am now about eighteen years of age, and have been, almost since I arrived at the age of puberty, addicted to that most horrible of all soul and body destroying vice, — self-abuse. First indulging in the practice at rare intervals, it has grown upon me as I have advanced in life, inflicting new tortures, and throwing open before me vistas of future torments, which combine to render the present, past, and future, in

the endurance and anticipation, too terrible to bear or describe. I was led into this vile habit, as all boys are, by bad example and association with those who, being older than myself, ought to have known better. I did not then, as I do now, attribute the many painful and depressing ills to which I was subject, to the physical derangements occasioned by this vice. I had, I think, a scrofulous taint, inherited from my parents. This became quite early developed, and for years I was afflicted with a weakness and inflammation of the eyes, which at times was almost insupportable. Costiveness, and constipation also, always rendered it necessary that I should be taking laxative and cathartic medicine. When I resorted to medical advice, not one of the many physicians whom I consulted ever made the inquiry as to my habits, or suggested the possibility that I was paying the

penalty of solitary vice. Had my occupation or pursuits been such as to afford me constant and daily labor and exercise in the open air, I have no doubt it would have been far better for me; but since my fourteenth year I have been a student, either at home or abroad, and although I have enjoyed every advantage and opportunity, to-day feel myself utterly incompetent and incapable of profiting by them. A loss of memory and a lack of energy, inability to any continuous exercise of the reasoning powers, a want of tenacity of purpose, a confusion of ideas, timidity, bashfulness, and a constant apprehension of coming evil, so besets me, that I sometimes wish that I might die to escape it. Indeed, I have often thought of suicide, and am sometimes seriously tempted to resort to it as a relief from my troubles. I have read books and treatises upon the subject, and have, times without number,

resolved, nay, sworn, to abandon the practice. But I find to my sorrow that I have not got the strength of will and purpose to do this. To such a state of debility am I reduced that, I find I am powerless to carry into effect any resolution whatever; and I am at length satisfied that a man left alone, unaided, in this condition, is entirely unable, of himself, to emerge from the depths into which he has fallen. I have hitherto kept this to myself, fearing, or rather ashamed, to make a confident of any one. But I can do so no longer. The continued drain upon my system, and the very foundations of manhood, have been so long continued, that I have become the unvoluntary victim of all those ruinous consequences which flow from such a cause; cold night sweats, a troublesome cough, a burning and feverish skin, disturbed sleep, and dreams too horrid and too * * * * to narrate, admonish me, that

if I do not soon obtain relief, the attempt to do so will be too late. I have therefore resolved to break through the reserve and moody silence behind which I have hitherto shrouded myself, and, cost what it may, throw myself into the hands of some one in whom I can place confidence, and submit entirely to his guidance and direction, until I am either restored to my former self, or laid at rest in the grave. I have heard much of you, of your willingness to undertake such cases as mine, and the great success which attends your course of practice, and the remedies you give. If you think you can cure me, consider me as your patient from this moment. Not wishing to occupy your time for nothing I enclose ——— dollars for which please give me credit, and write to me at once what I am to do.

I am, very respectfully, &c.,

S——— W———.

See Note on page 104.

Since the publication of the last previous edition of THE MEDICAL ADVISER, I have received thousands of letters from almost every class of sufferers; and were I to publish even but one in a hundred of them, (which, of course, I should only do by suppressing names, etc., for very obvious reasons,) I should swell this volume far beyond the size to which I have limited it; and whilst they would present an array of

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NOTE.—The reader will clearly perceive from the foregoing letter, that this was not only a most distressing case, but that, notwithstanding the writer had intended to give me such a detailed statement as would enable me to prescribe for him directly, yet, on a more careful examination, he will see that there was not that circumstantial detail of particulars necessary for my guidance in a case of so much importance. Apprised of the unhappy young gentleman's inability at that time to visit me at my office, I wrote to him some two or three times, suggesting topics upon which I desired to be more fully informed. In the course of a fortnight I had succeeded in perfecting quite a satisfactory diagnosis of his case, and immediately put in active operation the course of treatment I had marked out. It was not to be expected that habits so confirmed,

facts startling to the general reader, would not at all be surprising to such of the medical profession as are in the way to know the fearful extent of the evils arising from solitary vice. Among the letters recently received by me, is the following, which I have the writer's permission to make public. I have copied it *verbatim.* The reader will find it quite interesting, and a much better specimen than the great

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and maladies so aggravated, could be at once broken up. Experience had too often shown me that this class of patients, however determined and resolved they might express themselves to be in the beginning, were not always to be relied upon in carrying out your views in regard to them, and that not unfrequently they defeated your best efforts in their behalf, by but a half compliance with your directions. A temporary relief, and a slight change for the better, would give rise to a presumptuous desire to break through the rules you had prescribed for their guidance, and before you suspect it, they would complain of the want of efficacy of your treatment, and fall back into the old line of complaint and despair.

But I am not in the practice of letting patients foil me in my labors to effect a cure in that way; and it is

majority of such letters usually offer. In its simplicity, and fidelity of narrative, many readers will recognize a very accurate description of symptoms and troubles to which they are no strangers themselves. Its perusal should also stimulate them to imitate the writer in his earnest efforts to obtain relief, when once aroused to the dangers by which he is menaced.

I will add that, that the individual is, at

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at the very moment of their greatest discouragement, that I feel that I am beginning to get them well in hand, and that when they find they are past all hope, except through outside help, I am most certain that I have them on the sure road to recovery and better days. And so it was with this young man. By encouragement and persuasions I soon won his entire confidence, and had the satisfaction of witnessing his gradual progress from almost total prostration to renewed vigor and health. I did not even resort to the expedient of a change of residence, nor to his giving up his books. My medical treatment was directed towards subduing and soothing the nervous irritation which his habits had engendered, and to strengthen and give tone to every faculty which had felt the debilitating effects of his former indulgencies.

this time, (February, 1871,) under my treatment, and, as he assures me, "improving rapidly; every day feeling more and more the beneficial effects of the remedies I prescribe for him."

H*******, Vt., Jan. 10, 1871.

Mr. F. Morrill, M. D.,

Dear Sir: It is with feelings of reluctance that I seat myself to write you

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I did not allow the slightest symptom to escape me; and although I had never seen him, I felt assured of the beneficial changes which were taking place, as though I had him daily in my presence. Gradually the style of his correspondence, as well as the steadiness of his hand and eye, indicated by his penmanship, plainly showed the great improvement going on, until at length I was surprised by a call from him to thank me in person for what I had done for him.

Let the reader imagine for himself, a hale, portly young man, bearing about him every mark of a healthy and almost perfect manhood; a frank, open and ingenious countenance, that shrinks from no scrutiny, and a bright sparkling eye that almost fascinates you by its beaming lustre and intelligence, and you have before you the patient whose case I have

this letter. But I feel somewhat compelled to do so, on account of my own present condition; prompted by a desire to obtain that, which through a foolish and wicked habit, I have lost. I refer to health; which, through a long number of years, by self-abuse, I feel that I have undermined. I am sorry thus to be compelled to resort to this course, and should do it from no other motive than the sincere hope of relief.

I have become acquainted with you through a little book, written by yourself,

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just been describing. He was thoroughly cured. Every faculty of both soul and body appeared to be fully adequate to all the exigencies of an honorable and successful future, to which his means, and his family and social relations, would justify him to aspire. I am happy to say that his subsequent career has realized the highest expectations I had formed of him. Equally distinguished at the bar of his adopted State, as at the national councils, he is, at this time, one of the most promising and rising men in the country.

entitled THE GENTLEMAN'S MEDICAL ADVISER, and will try to state as concisely as possible, my condition.

I am now twenty-four years of age, and have indulged in the baneful practice of masturbation for more than twelve years. I never realized that it had any very perceptible effect upon me, until about a year ago, when I was attacked with a fit, epileptic, I suppose. Since then I have had a number. I have had only three, however, since sometime last May. I have attributed these fits, in a large degree, to this practice, and, perhaps, wholly. Since I became aware that this was the case, I partially reformed my bad habits. I went three or four months without resorting to it at all, and then, thinking that, perhaps, an occasional indulgence (it being almost a second nature,) would do no harm. I think I have indulged myself in it since the first part of October, up to within about three

weeks, but three times. But those times were, I fear, the load that broke my back; as since then, I have had four or five involuntary nocturnal emissions, which have caused me much suffering and well nigh discouraged me. I would do most anything for relief. Do you think you could help me? I do not feel any serious derangement of the system. I enjoy a good appetite, good digestion, and bowels very regular. My general health is apparently good. But I know too well what will be the consequences if relief is not afforded, and these involuntary emissions stopped. I have been taking, for nearly a year, a solution of "Bromide of Potassia" for my fits, but it seemed to me that I need something to act back of that. If you feel as though you could give me relief, will you please be so kind as to undertake it. If you can do it by sending me directions and medicine without necessitating a visit, you

will confer a favor, as it would be quite difficult for me to leave my business, as I am now situated. If you wish for any further information, I shall be glad to give it. You can send medicine by express or otherwise to me. Send bill for collection, if you wish. Now, that you would undertake to do me good by attending to my case immediately is my earnest desire. I feel as though it needs immediate attention before it shall be too late. It has been only three weeks since I have had any involuntary emissions. I feel more hopeful on account of attending to it before it has exhausted the entire system. With the sincere hope that you may be able to confer on me the precious boon of health, for which I should ever be extremely grateful and thankful to you.

I remain yours truly,

I——— G———.

The following letter is from a middle-

aged gentlemen, whose early life had been marked by misfortunes of no ordinary severity, which had preyed upon his health to that extent as to occasionally unfit him for all business occupations, as also to render him incapable of any mental enjoyments whatever. Strange as it may appear, this gentleman's appearance indicated in no very marked degree, the infirmities of which he complained. He was rather plethoric and full in form, and his his countenance was more like that of a "*bon vivant*" than otherwise. To one unaccus- to read the "human face divine," he would have been taken for almost anybody else than one who was suffering under a most complicated form of disease, having its origin in a criminal indulgence so vile and sensual as to excite our horror and aversion towards one, who, in the form of a man, could surrender himself up to such gross and unnatural appetites and desires.

B———, 186—.

DEAR SIR:

In the short interview which I had with you, yesterday, I perceived that I staggered your faith in my truthfulness, when I stated to you the troubles which oppress me, and which, notwithstanding the fair and rosy blush of health I wear, renders life almost an unsupportable burden. You were correct in your opinion that, my case, was an abnormal one, which required a frank avowal on my part before you could venture to prescribe for me. Although not particularly troubled with any excess of squeamishness in matters of this kind, I must confess that I felt reluctant to expose to you, verbally, the true character of my mental and physical deformities. Did I tell you that I was a brute, I should come far short of conveying to you any just idea of myself. I am a brute, embodying every animal instinct, with all the reasoning,

cunning, planning, and executing faculties of the human being in their highest degree and perfection. A native of the south of Europe, and inheriting all the hot and fiery instincts of my race, I have ever sought the gratification of every unholy and unlicensed passion to which the creature, man, may be enslaved.

At a very early age, even in my boyhood, I broke through every bound of religion, morality, and blood itself, to gratify the intense desires which overwhelmed me. This ever-consuming fire seemed to derive new force and energy upon what it fed on, when satiety and disgust led me to search out new sources of gratification, until the most unnatural tastes and propensities took possession of me. Consorting with men and even animals, became far more preferable than with the fairest and most enticing of the opposite sex; and I became so addicted to it, that I felt myself as, indeed,

that "pestilence which walketh at noonday," as, vampyre-like, I fattened upon the the victims I had destroyed. These horrible and unnatural gratifications seems to have had the effect of blending and incorporating their mischievous and deadening influence throughout every faculty of my being; shame, morality, and virtue lost their distinctive qualities in my mind, and gluttony, intemperance, and excess of every kind, have usurped complete mastery over me. One who knows me well has frequently intimated that I must look to moral, rather than medical influences to change me from what I am. But I *know better*. Moral effort can hold no successful conflict with the overwhelming physical clamorings of an organization like mine. "A sound mind in a sound body," is a maxim of wisdom, but the *sound body must come first*. Insanity is, I presume, the consequence of a *diseased* brain; and

although a diseased brain requires the aid of moral forces to its proper re-adjustment, yet a nice and just adaptation of sanitary appliances must precede as well as accompany them, to render them available.

Impotency, sterility and exhaustion, admit of a ready cure at the hands of the skilful physician, who, like yourself, has made this branch of physiological science his particular study. If excitants, tonics, and stimulants promote action in the one class of cases, why should not antiphlogistics, anodynes, and kindred remedies quench those fires which turn man into a demon, and renders life one constant rebellion against everything pure and good. I have great faith in you, doctor, hence this disclosure. Are you willing to try your skill in this strange case? I will submit to anything, do anything, that I may again enjoy the tranquility and self-possession of perfectly vigorous manhood.

My means are ample, and they are at your disposal; all I ask in return is, that I may be enabled to go forth amongst my fellow-men without that crushing sense of moral degradation which is now more oppressive than any "fearful looking for of fiery indignation," in the future, can possibly be. Any encouragement you can give me will materially influence my movements for the future, and I will most gladly avail myself of your earliest intimation that a call from me would be agreeable.

With great esteem, I am yours, etc.

L——— F———.

NOTE. This gentleman had by no means overstated his case. At my suggestion he took apartments in my vicinity where I could daily observe his conduct. It was clearly evident that his misfortunes were chiefly owing to a morbid state of the whole system, similar to that which in some person manifests itself in a ravenous appetite, which can only be appeased by devouring enormous quantities of the most indigestible and revolting substances for food. I felt satisfied that the case was a fair one for medical treatment, and govern-

(Letter Third.)

D———, 186—.

DOCTOR MORRILL,

Boston, Mass.

DEAR SIR: I enclose a gentleman's card, with his endorsement upon the back of it, well known to you, as my introduction. For some months past I have been in search of a skilful medical man, whom I might safely consult in a matter involving not only my own happiness, but the peace,

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ed myself accordingly. It would be useless for me to attempt to describe to the non-professional reader the course I adopted, and readily submitted to by my patient, to exorcise this "unclean spirit" which possessed him. Suffice it to say, that, after an unusual degree of application on my part, I had the satisfaction at length of reducing the "fair proportions of his ruling passion," until he sobered down into a rational human being. Bereft of no quality, nor in anywise shorn of his proper manhood, he has become a model of regularity, moderation, and of all the gentler virtues. His striking manly beauty still marks him as a general favorite, whilst those coarser features which formerly marred him, have disappeared forever. My last letter from him, dated several years ago, informed me, that at length he had settled down, rejoicing in

health, and, possibly, the life itself of my wife. For several years she has been an invalid. She is now thirty-three years of age, and we have been married upwards of twelve years. Shortly after the birth of our child, a son of nearly eleven years of age, her health began to decline, since which time, notwithstanding the many physicians to whom she has applied, and the various means resorted to for relief, she has continued in a state of debility so

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the society of an amiable companion, and with an undisturbed temperament and tranquility of soul which promised to compensate him, in part, for the tumultuous and stormy past.

I have hesitated long before I could persuade myself to give place to the foregoing in these pages. But on reflection I felt that, as it was a true record, and represented a class by no means rare or uncommon, I would not withhold it from the apprehensions of the criticisms of the incredulous or narrow-minded. Human nature is the same everywhere, beset by the same temptations, and destroyed by the same vices; and the medical man, better than all others, knows to what extent the justification exists for calling attention to this gentleman's case.

nearly bordering on downright sickness as to be seldom capable of attending to any of the duties, or enjoying any of the comforts, much less the pleasures, of society, or even of life itself. So repeated has been her failures to obtain beneficial medical aid, that, long since she gave up all hope of obtaining it at the hands of any of those physicians whom we have been in the habit of regarding as our oracles in all matters of this kind. She declares herself disgusted, and wearied out by this constant succession of potions, pills, and powders, tonics, stimulants, and alteratives, as they are termed, and has about made up her mind to resign herself to her fate, whatever that may be. This is not so much to be wondered at when I inform you that there is hardly a physician of any note in the city with whom she has not consulted, many of them repeatedly, but all of them to little purpose. My friend, who so

highly recommends you, has endeavored to prevail upon her to consult you; but with a perversity, if not peculiar to her sex, at least strongly characteristic of her infirmities, she persists in her resolution henceforth to let the doctors alone. This all might do very well, if she alone was the sufferer. But I, being a party quite as much interested as she is, have resolved that no efforts shall remain untried to enable her to regain her health, and that I may have restored to me the society and companionship of a wife to whom I am most fondly attached. I cannot see her thus, day by day, sinking into a premature grave, whilst there remains the least earthly possibility of rescuing her from her present perilous condition. I have, therefore, determined to give to you, myself, such facts concerning her case as I am conversant with; and as I have been for many years past, to a great extent, her principal

nurse, I am not certain but that I can give you all the description necessary to enable you to form a pretty just opinion of whom you are to treat, and the troubles you are expected to eradicate. Soon after the birth of our child my wife's health commenced gradually to give way, and she filled, with difficulty, the offices of a mother, against my remonstrances; she declined to resign her child to other hands during its infancy, and, although no immediate consequences were apparent, yet it was evident that her physical powers were not equal to the burden she assumed.

Whatever may have been the causes, thenceforward there seemed to be a general breaking up and falling to pieces of her entire system. Disorders of the womb, breasts, and a general weakness of all the genital organs indicated but too surely an enfeebled and relaxed condition of the system, calling for the immediate application

of remedial measures of some sort. The physician whom I called did not seem to understand the case, or, if he did, he miserably failed in his selection of remedies; for, instead of getting better, her maladies assumed a more dangerous and complicated form. She ceased to become a mother, and seemed to be beset by all those disorders which call so loudly for our sympathy and aid. Labor and exercise of any kind become too irksome to be borne, whilst headaches, indigestion, pains in the abdomen, great susceptibility to atmospheric changes, extreme irregularity in all the natural functions, bleedings and other discharges, combined to depress her spirits and undermine her strength, until she is now but a wreck of her former self. With this wearing away of the physical forces, there is also a decay of the mental faculties still more distressing to witness. She has fever to a considerable degree, yet the absence

of the hectic flush of the cheek, or cough, or other usual signs of consumption, leads me to indulge the belief that her disease is not consumption in any of its forms.

Physicians have repeatedly intimated consumption, spinal disease, or some ovarian complaint, and have, in turn, treated her for all these ; and yet, the same emaciation, loss of appetite, discharges of blood and serum, disinclination to effort of any kind, and repugnance to all society, continues as at first. Were I not afraid to entertain the thought, or pronounce the word, I should say that imbecility was the proper term to employ as descriptive of the condition to which she appears to be now fast tending. She makes less complaint than formerly, and manifests less solicitude for her restoration to health ; and I fear there are grounds for this in the almost passive state to which she is reduced. I wish it were so that I could induce her to undergo

the journey necessary to see you, but that is entirely out of the question. From what I have written, can you form any just idea of her disease, and would you venture to take her case in hand? Could you do this, doctor, I should consider myself fortunate in having secured your services in her behalf. Enclosed please find a fee, which I trust will be satisfactory.

Your early reply will be awaited for with deep anxiety, and gratefully appreciated by

Most respectfully, your ob't serv't,

———— ————.

If the reader has perused this book with any degree of attention, and failed to recognize in the above description, by her husband, of Mrs. M.'s case, a clear and decided case of self-abuse, then I cannot give him credit for ordinary penetration and acuteness.

I introduce this letter, and the case it describes, in order to show to the reader a peculiar characteristic of this propensity, not alone confined to females, but shared alike by both sexes. Here was a lady who had lived under the same roof, shared the same bed, and otherwise cohabited with an affectionate, confiding, and devoted husband for thirteen years; and yet, all this time, had been able to elude his watchfulness to that extent as to completely disarm suspicion itself; whilst he, hapless husband that he was, in the supposition that his wife was the victim of some deep-seated and occult disorder, far beyond the reach of ordinary skill, and, as it has been shown, not even thought of by the many doctors who had attended her, was about to surrender her to the grave, as past the possibility of cure, never dreamed that his wife was simply a masturbationist, and as such, as fit a subject for medical treatment

as though she was simply affected by catarrh, or any other analagous disease. 'Tis true that she had inflicted serious and almost fatal injury upon herself; but she was not yet past hope of restoration. The striking feature of the case is the cunning, secresy, and deception resorted to by the subjects of this vice. Strange as it may appear, the habit seems to sharpen all the faculties of concealment and duplicity, whilst it deadens and paralyzes every moral sentiment, and leads its votaries to deceive and to shun their best friends and most intimate associates. Even the prospects of relief are disregarded, and the kindest purposes of the physician often thwarted by a concealment and evasion rarely resorted to under any other circumstances. With this patient neither stratagem nor circumlocution would be available. My only course was to attack her with plainness of speech and directness of in-

quiry. With her husband's permission I wrote to her, stating, not my suspicions merely, but charging her directly with being addicted to solitary vices, and attributing all her maladies and sufferings to them alone. Whether she ever showed that letter to her husband, is more than I can say. But a short time afterwards I received a letter directly from herself, begging me to prescribe for her, as she was "*satisfied that I understood her case, and would do for her better than any one else.*"

Of course I immediately acceded to her request, and, carefully protecting myself against any surprises or duplicity on her part, I subjected her to a rigid and thorough course of treatment, both medicinal and hygienic, until, both from her own and her husband's statements, she had completely regained her former good health. Subsequently, on becoming personally acquaint-

ed with her, she informed me that, up to that moment, her husband had remained in entire ignorance of the true cause and nature of her complaints; and she thanked me over and over again, not only for the decided steps I had taken, but for the discreet, cautious, as well as successful manner in which I had treated her, and relieved her of all her troubles.

I might continue, with the materials in my possession, to illustrate by letters and testimonials without number, the great success which has ever attended that system of treatment which I have adopted in those cases usually denominated "delicate," and which forms so large a share of those which afflict mankind. Notwithstanding the country, and our large cities especially, is literally crowded by those who make large pretensions to extraordinary skill, and style themselves "doctors," whose only claim to that distinction is that they

are able to keep up a standing advertisement in some of our newspapers, but whose real attainments in medical science can be measured by an 0. I have felt that in the open, liberal, and faithful exercise of a specialty made honorable by such names as Abercrombie, Hunter, Bell, Ricord, Acton, and many others whose learned investigation and writings upon this subject have done so much to benefit mankind, I need not fear, nor shrink from being placed on any degree in the scale of "professional respectability," to which my professional brethren may choose to assign me. My tribunal is THE PUBLIC AT LARGE, and by its judgment I am content to abide. It has been truly said that "nothing succeeds so well as success." Judged by this criterion, I do not hesitate to compare myself with any of my compeers, certain as I am that, in point of numbers *cured*, I excel them all.

And here allow me to say that, although I do not, by any means, design this book as an advertising medium, but solely what it claims to be,—A MEDICAL ADVERTISER, AND GUIDE TO HEALTH,—yet I believe my readers will concur with me in the strict propriety of calling attention to the great facilities I possess for the care and treatment of the sick at my extensive establishment No. 3 Bulfinch Street, Boston, Mass. Secluded from general observation, in one of the pleasantest streets in the city, with easy access to all public conveyances, and in the immediate neighborhood of the chief objects of public interest, the Mall, the Common, the Public Garden, the Horticultural Rooms, the Museum, the Reservoir, and the State House, I claim for it advantages of location possessed by no other private establishment in the city. Good nursing, careful and faithful attendance, and medical treatment under my own im-

mediate supervision, with all remedies directly from my own laboratory, will ensure to patients all that science, art, and skill can offer for their comfort and relief. *I prefer to consult orally with my patients, if possible.* But if that be impossible, or inconvenient, letters, plainly and distinctly written, stating the nature of the disease, the age and occupation of the patient, addressed to me, containing TWO DOLLARS, consultation fee, will be promptly attended to. In order to avoid any mistakes and delay, please direct letters as follows:—

F. MORRILL, M. D.,

No. 3 Bulfinch Street, Boston, Mass.

CHAPTER V.

RECIPES.

IN addition to directions already given for the treatment of the more common diseases for which the aid of a physician is required and most usually sought after, I have thought it best to subjoin here a few of the most valuable and reliable prescriptions, to which the sufferer may safely resort in case of need. These prescriptions are the result of a large experience, and may be safely depended upon. With one or two exceptions, they are such as can be put up in any country apothecary's store, and may be used, as directed, with perfect safety. All these diseases have so many modifications, and patients differ so much in susceptibility to contagion and inflammation, as well as in the resistant

powers of nature, that no two cases can be properly treated alike. What would cure one person in forty-eight hours of a slight attack, might be as inert and powerless with another as so much water. It is the physician alone, who by his powers of discrimination and judgment, derived from a long familiarity with the various shades of these complaints, can with certainty be relied upon. I have selected the following prescriptions from among those I most frequently use in my own practice, and can safely recommend them :—

On the first appearance of Clap, what is termed the abortive treatment may prove successful in arresting its further progress. For this purpose make a solution of acetate of lead and sulphate of zinc about ten grains to the ounce, to which may be added a little laudanum. This is to be used in the form of an injection three

times daily, taking care to keep it at least three minutes each time in the urethra.

A good wash for a simple Chancre.

R. Acid Tanici,
Zinc Sulph., each 2 grs.
Soft Water, 2 drs.

Saturate a bit of lint larger than the sore, so as to keep it moist, and at the same time cover the sore, to protect the opposite healthy surface.

Ricord's Anti-Syphilitic Pill is an excellent remedy on the first appearance of a Canchre, and often proves a perfect antidote to constitutional infection.

I do not give the recipe for its composition, as ordinarily it would be difficult to get them made up at a country apothecary's shop. I keep them, constantly prepared by myself, from M. Ricord's original recipe, which he was kind enough to furnish me. The dose is one pill three times

a day. I supply them in all cases necessary, accompanied with every needed direction.

Injections of Nitrate of Silver, in cases of gonorrhœa are objectionable, except administered by, or under the immediate supervision of the physician, as an abortive remedy. It is one of the very best, but is sometimes dangerous, causing violent inflammation, and constitutional disturbance. Inflammation at the neck of the bladder; abscess in the prostrate and perineum; swelled testicle, and bubo, have all been known to succeed caustic injections, and bring with them their attendant dangers. Its use is also apt to be attended with vexatious staining of the hands and linen, difficult to be got rid of, and thus likely to create suspicion and produce exposure.

The Chlorate of Potash may be used with every assurance of success and safety. It is not so prompt in its effects as the

Nitrate of Silver, and requires some degree of perseverance in its use to perfect a cure :—

R. Chlorate of Potash, one drachm,
Water, eight ounces.

Mix. In the early stages use an injection, every hour, for twelve hours; then four, and finally three times a day. All remedies for gonorrhœa should be continued, in reduced doses, for a week, at least, after a discharge ceases.

In obstinate cases of gonorrhœa, and leucorrhœa in females, the following mixture of astringent of bark of Bazil is often found highly effective :—

R. Decoct. cort. adstring. Brasil; 7 fluid ounces,
Copaib, cum vitelli ovi qs. subact.
Tinct. ferri pomati āā, seven drachms,
Syrup balsam, one fluid ounce.

Dose. A spoonful every two hours.

These prescriptions should only be put up by a careful apothecary.

In the chronic stages of gonorrhœa and gleet, Creosote is often found to be a very useful remedy, taken in doses of two drops, with loaf-sugar beaten into syrup with water, three or four times a day. Ordinary cases of leucorrhœa, in females, may generally be cured in three or four days by weak injections of Creosote, two drops to the ounce of water, repeated twice, or thrice daily. Copaiba should never be used at the same time with Creosote.

I consider it quite unnecessary to multiply prescriptions for the diseases above alluded to, as they would only serve to embarrass and perplex the sufferer. Those now given are only designed for his use, until he can have recourse to some honest and skilful physician. Let him avoid all patent and advertised remedies, and quack humbugs, and he cannot fail to be better

off, and far safer, than in the hands of the charlatan knave who is solely after his money.

In cases of syphilitic attacks, such as the appearance of a chancre, a simple water dressing with lint, is all that is necessary until a physician can be consulted. In any case, a resort to mercurial or potassium, or any of the popular remedies, should be avoided until prescribed by him. Should the canchre have made much progress, sprinkling it with pure dry calomel is often found very beneficial. In a large majority of cases, the alterative effects of mercury can be better attained by using the common blue ointment, (unguentum) rubbing it upon the inside of the thighs. Should the palate, or roof of the mouth be attacked, the common black wash, procured at any druggist's, may be carefully applied with a camel's hair pencil; or, a small bit of the nitrate of silver, carefully inserted in a

quill, may be drawn over and around the edges of the sore. By the aid of a small mirror, the patient may do this for himself, as effectually as the best surgeon in the world.

The reader will, I trust, constantly bear in mind that these suggestions in regard to his use of medical agencies, are only designed to aid him when he cannot at once have the benefit of the advice and direction of a good doctor. Persons residing in villages and country towns, where there are but one or two physicians at most, are very often quite reluctant to consult with them, or to expose to them their condition, and consequently prefer to run the risk of doctoring themselves for awhile, until they can repair to the city. There is prudence in this course for more reasons than simply the dislike to make the family, or neighborhood doctor, a confident in your troubles. The country doctor seldom

knows anything about this class of diseases. When a student, he may have read something about them, and a general knowledge of them, as derived from the books, may have been attained as a part of his medical education; but who is there that does not know very well that the treatment of all these diseases are now entirely different from what it was even ten years ago, and that the writings of even such standard authors as Thomas, the Bells, Copeland, and a host of others whom I might name, are altogether out of date, and entirely unreliable upon these subjects. I do not mean to intimate that there are not as good doctors in the country towns as in the city: there are many country doctors who would justly be regarded as ornaments to their profession anywhere. But the country practitioner is not called upon to exercise his skill in private diseases, to that extent as to prompt him to become an

expert in their treatment. A case or two in a year, and perhaps not even that, is generally the extent of his experience, and even these he touches reluctantly. If he cures, well. If he fails, it is just as well to him; he knows that his patient will keep still about it in either case. I knew a case some years ago, where a young gentleman residing in a country town, on his first visit to the city, was so unfortunate as to contract for the first time, a simple gonorrhœa. It did not develope itself fully until his return home, when, suspecting the cause of his trouble, he applied to his friend, the village doctor for relief. That gentleman was considered one of the very best physicians and surgeons in the whole region around. His large practice, and uniform success, made him prominent as one of the safest and most reliable medical counsellors, in all that section of country. Of course he

readily undertook my young friend's case, and for months, and months, he dosed, drugged, and tormented him, with all the various compounds, and combinations of copaiba, cubebs, nitre, various emulsions, &c., &c., until the poor fellow was literally worn down to skin and bone. He has often since shown me the old doctor's account and bill of items for that siege, as he termed it, and there, running through a period of over six months, is put down day and date, and item by item, a list of medicines, in all, with services, amounting to over two hundred dollars, for the treatment, (not cure mind you) of a simple case that I could have easily cured in a week's time, at a tenth part of the expense. Now-a-days the treatment of urino-genital diseases, and all disorders of the generative organs, and their functions, has settled down into a science as exact as that of any other; and in conformity with a custom

long established in European capitals, the treatment of this class of diseases is confined to a few, who are designated as specialists, who have perfected themselves in this particular branch of medical and surgical science, by great aptitude for it, extensive study and investigation, and the practical experience afforded by a varied and extensive practice. With them it is emphatically true that, "practice makes perfect," and as success is about the best criterion of merit, the afflicted have only to inquire who of them it is, that is reputed to have the most extensive practice. That fact ascertained, there need be no further difficulty in making the selection of your medical adviser.

CHAPTER VI.

SPERMATORRHŒA, SEMINAL WEAKNESS AND NOCTURNAL EMISSIONS.

I CANNOT conclude this branch of my treatise without a more particular allusion to a class of diseases affecting the procreative organs, which are alarmingly

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NOTE. It is a well-known fact to every specialist of established reputation for skill and scientific attainments that there are few, if indeed any complaints affecting the urinary and generative organs, which afflict so many as those named at the head of this chapter. There are literally thousands in this city, and a proportionate number in all our cities and towns more or less affected by them, leading lives of wretchedness almost bordering upon despair at their condition. *This need not be so.* These troubles are as amenable to medical treatment as any others in the whole catalogue of human diseases. It is only when sufferers fall into the hands of ignorant charlatans and quacks, who make large pretensions of special skill in such cases, that they find their promises of relief

prevalent, and gradually undermining the very foundations of our best manhood and womanhood in their most interesting and important relations to society and domestic life. Whether it is that, owing to a more general dissemination of knowledge in this respect, through an outspoken candor on the part of the medical profession, or that

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and restoration are made only to be unfulfilled through sheer inability to do as they have agreed, if nothing worse.

Spermatorrhœa, Seminal Weakness, Nocturnal Emissions, and Impotency arising therefrom, or from any other cause whatever, can be cured by proper treatment; and *we are ready to guarantee a thorough and radical cure in all such cases.* During our long practice of now nearly the third of a century, we have treated many thousands of cases which had been of long standing, and apparently incurable, rendered so in too many instances by the rash experiments and mal-treatment of self-styled doctors, professors, medical lecturers, and others of the like character. We have never yet failed to cure, in every instance, where we assured the patient that a cure was possible, which we believe to be in ninety-nine out of a hundred of those afflicted.

the habits and tendencies of society, as now constituted, leading to that result, it is a most melancholy truth, that at the present time, the disorders and infirmities coming under those named at the head of this chapter are alarmingly prevalent, and applications for their treatment occupy no inconsiderable share of the time and attention of the well-known specialist. In the whole range of his duties as a medical adviser, does he find any physical derangements, the successful treatment of which are so difficult, and generally speaking, so unsatisfactory to himself and patient, as these. This is not so much in consequence of any difficulty and doubt attending the proper mode of treatment to be observed, as in the difficulty of securing the patient's strict observance of the rules prescribed for his cure.

The common and vulgar notion which prevails, especially among the uneducated,

that wonderful virtues are connected with excessive drugging and dosing, and that there is some magic power contained in a "bottle of medicine," they cannot relinquish the idea that health and constant pill-eating or potion-swallowing, are inseparable. They imagine and expect that the consequences of a life of indiscretion, excess, and, it may be of bestiality, or something worse, is to be overcome and done away with in a few days or weeks at farthest, by a twenty or thirty dollar bottle of some compound which some cunning M. D. has advertised under the high-sounding title of Panacea, Invigorator, Regenerator, Balsam of Life, or something of the kind, the more far-fetched and nonsensical the better. It is hard to convince such people that the stamina of a constitution, sapped and undermined by years of violence perpetrated on themselves, is to be restored by the simple administration of a few tonics,

and that a week or two of self-denial will be all that is necessary to set them all right again. That this idea is flattered and taken advantage of by most of the unprincipled quacks who advocate their "specific" cures and wonderful remedies is notoriously true, and whilst at the present day, a few unsophisticated countrymen, and simple-minded youth may be taken in by such "chaff," no reputable physician, whose conscientious regard to what he owes to his profession, and to the welfare of his patient, will for a moment countenance such downright imposition upon the credulous and unsuspecting. In the course of my long experience, almost daily dealing with this class of patients, and deriving no inconsiderable portion of my professional income from their treatment, I have ever found candor, truth, and straightforward dealing, the most successful and abiding in their results. I frankly state

to my patient the nature of his difficulties, how they have been produced, the disorganizing process which has long been going on, and the need of moral and hygienic, as well as medical treatment for his restoration. I convince him, by reference to himself and his own experience, that I understand his case as well as though I had watched his every movement from his boyhood up, and instead of sending him away a hopeless, desponding wretch, in his estimation, fitted only for the madhouse, or a suicide's grave, I open to him new hopes, a new life, and convince him that, there is yet in him the stuff of which MEN, active, useful, NOBLE MEN are made. I point out to him a method of relief and cure, so certain, efficacious, and reliable, that his common sense at once seconds all I have to say and offer to him. I at once strip aside the veil which has been placed before his eyes by the cunning and avaricious knaves

who may have hitherto preyed upon his weakness and his fears, and show to him how, with a few simple remedies, and a fair perseverance in a course of treatment, by no means difficult to be followed, (a knowledge of which is of far greater value to him in gold, than all the potions in the world) he can be re-invigorated, re-juvenated, and restored without fear of relapse, or doing violence to any law of his being.

That masturbation is, in ninety-nine cases out of a hundred, the direct cause of Spermatorrhœa is generally admitted; but all seminal weakness is not Spermatorrhœa; and although the complaint is, as I have before stated, alarmingly prevalent, and on the increase, yet it is only the skilful diagnostician that can properly discriminate between it and many other complaints producing almost similar effects, such as nocturnal emissions, etc., that it would be extremely improper, and often very unsafe

for the patient to attempt, unadvisedly, to treat himself. General rules may, however, with great propriety be given, by the observance of which, very sensible relief may be obtained. In a conversation held by myself many years ago, with the venerable Dr. Samuel Thompson, the father the Botanical school of medicine in this country, speaking of some inflammatory disease then under consideration, the old doctor, in reply to an inquiry as to the best mode of treatment, threw out, in his terse, common sense way, this hint: "take off the wood and the fire will go out," an aphorism which contains a world of wisdom, and in no sense more applicable than to the subject under consideration. No medication, however skilfully devised, no moral or hygenic treatment, however perseveringly followed, can avail anything, so long as the miserable practice which has given rise to the disease is indulged in. To effect

its entire and instant abandonment should be the first care of the medical adviser. He should be plain and outspoken in his expression of the evils of the practice, and assuming the privilege which is justly considered as the duty of every upright physician, point out to the transgressor that his sin is one against the laws of God, as well as against his own well-being, and that for strength to aid him in his efforts for recovery, he should look higher than to mere professional skill for assistance and support. "Lead us not into temptation, but deliver us from evil," should be his constant prayer. In this frame of mind, and taught that masturbation is a "cowardly, selfish and debasing habit," he may with confidence rely upon the efforts of the surgeon to remedy the mischiefs which have been done by previous excess. If he understands his business, these remedies will not be confined to any one set of

prescriptions, but adapted to the age, constitution, habits, peculiarities, and temperament of the patient. Whilst in some cases, the simple abstinence from late suppers, tea, coffee and tobacco, the use of straw mattrasses to lie upon instead of feather beds, the use of the shower-bath every morning, regular exercise short of fatigue, such as boating' riding, boxing, or walking, will accomplish wonders, and preclude the necessity of a resort to more active measures; the use of tonics, very nutricious food, and sea-air, will be indicated as necessary to re-invigorate the system at a later stage of the complaint; and when the victim has been a sufferer for years, nothing short of a complete surrender of himself into the hands of his medical adviser, can save him from the consequences of his follies.

In regard to this subject, an eminent London practitioner says:

"Amongst the many modes of relief and as averting the consequences of involuntary emissions, many well meaning writers and physicians advise marriage to enfeebled, or seemingly impotent patients, under the single injunction to be content with very moderate endeavors to to exert their powers; and in the hope that the function would respond to a natural call upon it. Instances are called up in which it is asserted that almost infantile organs have undergone developement under this stimulus, and others in which the effects of masturbation have been completely recovered from under the same influence. Notwithstanding this, we hold that to advise a man of questionable powers to marry, in the hope or even with the probability that he may gain strength in consequence, *is at once immoral, unscientific, and unmanly.* It is subjecting the health, the happiness, and

even the virtue of a woman to risks that she ought not to incur. Family practitioners well know how large a number of uterine maladies are directly traceable to ill-assorted unions; and it would hardly be possible to inflict upon a bride a greater physical evil than a marriage which should awaken her own sexual desires and then utterly fail to satisfy them. The men who are the subjects of sexual weakness are, as a rule, inexpressibly nasty; and are not calculated to strengthen a woman under such adverse circumstances, or to improve the moral tendencies of her character. In many instances nature will secure the wife against uterine disease, by arming her with a loathing for her husband, which renders it impossible for him to excite in her anything except disgust; and then it is not unusual for her to solace herself with other men, or to desert her home for some more capable companion. The restoration

of generative efficiency to a patient who has thrown it away is, doubtless, a matter of very great importance to himself, but infinitely more so to the woman whom he contemplates taking to his bed as his wife. Even in the interests of society it would be better to emasculate him at once than to hand over to him the health, happiness and honor of a woman, to be thus used as a remedial agent in his behalf, and to be sacrificed in case of failure. The surgeon may, very properly, and should teach his patient that marriage might, indeed, be the reward of properly applied restorative remedies, self-denial, and of abstinence from masturbation; but it must not be undertaken as an experiment, or prior to the return of a capacity for the due performance of the function that it involves. The utmost benefit that could possibly be gained by marriage under such circumstances, for such objects, would be infinitesimal in

comparison with the evils of possible failure."—*James D. Wakely, M. D., M. R. C. S., Editor London Lancet, in December, No.*, 1870.

One of the most eminent surgeons and medical writers of the present day; T. B. CURLING, F.R.S., Surgeon to the London Hospital, President of the Hunterian Society, London, etc., in his great work on Diseases of the Testis in treating on Spermatorrhœa, gives a much better description of its peculiar characteristics than any other writer whom I have consulted, and so completely agrees with my own observations, that I cannot do better than to quote what he says upon the subject. He says, "Spermatorrhœa comes on very gradually. It commences by a precipitate emission of semen, either in coition, or during lascivious dreams. There exists a morbid irritability of the organs. The

emissions consequently are premature, and without force, and the erections slight and incomplete, and soon subside. As the affection increases, the emissions become more frequent, and more readily excited, and are induced merely by erotic ideas, or the least contact or tittilation, and takes place without erection, and without pleasure. In this weak and susceptible condition of the organs, involuntary pollutions are liable to occur both day and night, constituting a state of passive spermatorrhœa which often lasts for many months, gradually undermining the health. The patient becomes thin, pale, and feeble; has impaired vision, and a sickly, languid look; is hypocondrical and apathetic, and unfitted for active bodily or mental occupation. He often experiences uneasy sensations in the testicles, which are soft, and hang low. The scrotum (bag) is pendulous and lax. His symptoms are aggravat-

ed after each emission, which is usually followed by a painful sense of fatigue and uneasiness which lasts many hours." Speaking of the most common cause of the complaint, he says, "It is most frequently produced by long-continued and persistent self-abuse, those who give way to this habit being very little aware of the evils it engenders. The practice frequently acquires a complete mastery over the reason and will. In some cases not the strongest self-control can repress the disposition to abuse; and persons fully aware of the evil results, and actually dreading the consequences, are unable to restrain their fatal desires. In these cases there is a peculiar morbid condition of the nervous system. Indeed, the debilitating and enervating effects of this affection are far greater than would be occasioned merely by a drain of the amount of fluid emitted, which is to be ascribed to the nervous exhaustion especially attend-

ing the reproductive function. The condition of these persons is melancholy enough. One of the sad results of habitual self-abuse and excessive spermatorrhœa is *a morbid condition of the brain, giving rise to epileptic symptoms.* In some cases it may be found that the cerebral affection had existed previously—but confirmed and aggravated under the excitement and nervous exhaustion consequent on the practice; generally, however, the epileptic paroxysms appear to be caused solely by excessive masturbation. Such is but a portion of the heavy penalty often paid by man for gross indulgence in sensuality—a degraded nature and a ruined constitution, embittering the best days of his existence, and sometimes even leading to insanity or suicide."

I have quoted this not only for its intrinsic value, as a most faithful description of the leading features of this dreadful affec-

tion, but also as a distinct testimonial by one of the greatest surgeons of the age, that it is not, as is too frequently charged, that physicians are apt, from mercenary considerations, to excite the fears and apprehensions of their patients, by exaggerating the dangers of self-abuse and spermatorrhœa, in order to protract their treatment, and increase their fees.

CHAPTER VII.

THE TESTICLES:

THEIR STRUCTURE, AND THE DISEASES TO WHICH THEY ARE LIABLE.

THE frequency with which I have been consulted, especially during the past year, in regard to certain diseases of the testicles, has led me to believe, that for some reason not yet satisfactorily explained, these complaints are far more common and prevalent than formerly. Swelled testicle, orchites, epiditymitis, and such like affections, are getting to be cases of almost every day's occurrence, and were it possible, one might suppose them epidemical. From a careful study of the subject, I incline to the opinion that this painful

malady is oftener, than from any other cause, a consecutive, rather than a primary affection, arising from badly managed diseases of some part of the urinary organs, or generative apparatus, which, had it been properly dealt with, would not have been run into a sequella so distressing, and so troublesome to deal with by both physician and patient. Usually when a person finds himself thus attacked, he hesitates to make application for medical assistance, in the hope that his trouble is only a temporary one, and that it will go, as he apprehends it came, of itself. A little rest, some stimulating application, or a bath, he apprehends, to be all that is necessary, and that a day or two, at the farthest, will set him all right again. In no one malady of the generative organs, do individuals so frequently, and I may add, so dangerously deceive themselves as in this. When it is remembered that orchitis, or swelled testi-

cle rarely confines itself to a single testis, but when once fairly set in continues its work until both are involved, and that it rarely leaves the patient otherwise than in a complete state of sterility, if not of impotence itself, we can readily understand the serious importance attached to an early and timely application for medical assistance for this complaint. A very slight knowledge of the anatomical structure of the testis, and the important part they play in the generative functions of man, will at once convince the most superficial observer, that these organs cannot be trifled with, and the individual go unpunished. In fully four-fifths of the cases where offspring do not result from certain unions, at least in the same proportion may the "fault," or unfruitfulness be properly attributed to the husband, rather than to the wife. Very few women in good health are sterile. None are so where there is not malfor-

mation, displacement, or some other organic impediment, few are impotent; but repeated epididymitis, or orchitis, although it may not produce atrophy of the testicle is sure to destroy the power to secrete spermatozia, without which impregnation is impossible. The semen, or what may resemble it, may be abundant, its ejaculation vigorous, but unless it be animated by the living spermatazoon, as for all the purposes of impregnation it is as inert as so much starch. I have scores of complaining husbands annually to consult me, who cannot comprehend how it is that they, being well, and as they assert, hearty and vigorous every way, performing the copulative act satisfactorily, the female regular, and yet they are childless. Upon pushing my inquiries, as I usually do in all such cases, I soon discover the fact that, at some period of their lives they have had swelled testicle. It has troubled them for

a time, been very painful, yielded, perhaps to remedies, and left them, apparently well as ever; that is to say, there has been no apparent enfeeblement of the scrotum, no diminution in the size of the testicles, or loss of power to a perfect gratification in the sexual congress. But when brought to the microscopic test, *the living witnesses* of fecundity are wanting. By a wise arrangement of "the former of our bodies," the testicles are so placed and arranged that there is little danger to be apprehended to them from anything without: contained within the scrotum, they are suspended at a variable and unequal distance from the abdominal rings, one testis, generally the left, hanging a little lower than the other. This arrangement prevents any collision between them when the thighs are suddenly brought together, one testicle slipping above the other, and eluding violence. It is only very seldom, and

then by mere accident, such as the kick of a horse, or man, or a fall astride of some hard substance, that external causes produce injury to them. The exciting cause of disease, whatever may be its nature, is almost universally from within, and oftener sympathetic and secondary, rather than primary and congenital. As I am writing this for general and popular instruction and not for professional use, I will not, as I need not, undertake a scientific description of the structure of the testis, their appendages, and adjuncts in the interesting offices they perform. To be useful to the reader I shall do something better for him than by tasking his mind by an enumeration and classification of anatomical peculiarities in which he cannot be supposed to take any interest, and which, were I to undertake, would cover more ground than I can afford to devote to this purpose. With the view, however, to impress upon the minds

of my readers some idea of the wonderful nature of the structure of the testis, I cannot help alluding to a few facts, going to show that, excepting the brain, no part of the human structure presents such a demonstration of the scriptural assertion that *we are 'wonderfully'* as well as fearfully made. Thus, what is technically called the *Tubuli Seminiferi*, or seminal tubes, which form by far the bulk of the glandular structure of the testis, number at least three hundred; and some anatomists place them as high as eight hundred and forty! whilst their length united is not less than seventeen hundred and fifty feet! One of the earliest indications of imperfections, either in the structure, or imperfect working of some portion of the functions of the testis, is their retention of one or both of them above the abdominal ring; that is to say, they do not descend, as they ought for proper developement and growth into the

scrotum. It was the opinion of the celebrated Dr. Hunter, that when one or both testicles remain in the belly, they are exceedingly imperfect and incapable of performing their natural functions; and although this opinion has been strongly combatted by many eminent surgeons since his day, still it is clearly established that this condition predisposes to scrotal rupture, eventually resulting in serious injury of the reproductive faculties. That it does prevent its growth is certain; and cases are on record, where individuals of all ages, from six months to sixty years, has had the testicle, if not completely atrophied, at least stunted, so that at no period has it exceeded an ordinary bean in size, although the penis may be largely developed, the venerial appetite active, and the erectile powers good. There can be no doubt then, that in all cases where there is retension of the testis, in either

young or old persons, the surgeon should at once be consulted. The remedy is generally the application of a proper truss, of the form, size and adjustment of which, he only is the proper judge, and I cannot too strongly advise parents and others interested in, or having charge of youngsters in whom this peculiarity exists, at once to attend to it. There is very high authority to recommend this course. Dr. Marshall, in his hints to young medical officers in the army, page 83, states that, in the examination of recruits he found many in whom the right, and in others the left testicle was not apparent, and in two out of every five of these cases there was inguinal hernia on the side where the testicle had not descended. An eminent writer on this subject says, "The detention of the testicle in the groin or abdomen must indeed be regarded, under any circumstances, as an unfortunate infirmity, but particularly

when the gland is attacked with disease. One great disadvantage of such an imperfection, which especially attaches to the detention of the testicle in the abdomen, arises from the relation preserved with the peretoneal cavity, by which morbid actions originating in the testicle, are liable to extend to the parts in the abdomen; and we cannot but view the passage of this gland into the scrotum, and the isolation of its serous investment, as a wise provision, obviating the serious risks to which man would otherwise be liable." Besides other good reasons why it is important that the testis should be made to descend and occupy their normal place in the scrotum, there is one which is of so much weight that I cannot pass over it. A testicle retained in the groin, when inflamed, is liable to be mistaken for a bubo, the prominent oval swelling communicating a deceptive feeling of fluctuation, and being unattended

with pain, the skin over it occasionally exhibiting a reddish hue, and the tumor being seated in a region where bubo constantly occurs and suppurates. It is related that the celebrated Ricord, of Paris, whom no one will accuse of unskilfulness in these matters, was once very nearly deceived in a case of this kind, and even called for a knife to open the supposed abscess; but a re-examination of the tumor having led to the discovery of the absence of the testicle on that side of the scrotum, he made further investigation, and detected the true nature of the case; of course the knife was not used. I deem it quite unnecessary that I should multiply authorities in support of the views I have taken in regard to the great importance of *early* attending to this matter. In this, as in other diseases of the generative organs, especially in the male sex, a careful and exact diagnosis is of the first importance,

and that can only be made by a surgeon, whose practical knowledge enables him at once to measure the extent of the evil, and whose mechanical tact qualifies him readily to adjust such apparatus as is best adapted to remedy it. As a consequence of the retention of the test is in the body, thus retarding its proper developement and growth, there frequently results

ATROPHY, OR WASTING OF THE TESTICLE.

According to some authors the weight of the testicle is only four drachms; Sir Astley Cooper however gives it as about an ounce, whilst the former estimate is evidently too low, the latter is probably too high. From frequent tests I have found that the average weight of a sound, healthy testicle of an ordinary sized man is about six drachms, and I should regard one weighing less than three drachms as in a state of atrophy. All those causes

which produce decay in other parts of the body, likewise occasion the same result in the testicle. Thus, impeded circulation, pressure, want of exercise and loss of nervous influence, contribute to this condition. In variocele, the dilation of the spermatic veins consequent upon the impeded circulation impairs the nutrition of the testicle, and causes its imperfect developement. In such cases the left testicle is generally smaller than the right, whereas in a healthy state of the parts, the left is usually the larger of the two. By many persons it is supposed that a washing of the testicle results from abstinence from sexual intercourse, and that these glands remain somewhat small when not called upon to exercise their functions; but I am not aware that there is any sufficient evidence or authority for this supposition. It is well known that in persons who marry after many years of celibacy, the testicles

undergo a certain degree of enlargement, the same as any other bodily organ acquires power and vigor by use, as the hand, arm, etc. On the other hand it is a great mistake to suppose that sexual connection in early life is essential to their healthy condition or preservation. Chastity and abstinence from all sexual indulgence, simulated or real, is of the first importance to the *growing* youth, and every expenditure of the seminal fluid at a too early age, is productive of nothing but evil.

Wasting, or atrophy of the testicles, is liable to occur from many causes, such as excessive venerial indulgence, or onanism, strains from lifting heavy weights, over-excitement arising from dalliance with girls, with whom it is impossible to have more intimate relations; and not unfrequently the use of improper drugs. Iodine is said to superinduce a shrinking, or wasting of the testicle. M. Cullerier, a

very distinguished French surgeon, has described in the "Memoires de la Société de Chirurgie de Paris," the case of a young man who took from twenty-five to thirty drops of the tincture of Iodine for a period of three months, for the cure of an obstinate gonnorrhœa. This was followed by a state of impotency and partial wasting of the testicles, which lasted a year, and the organs never regained their former size and power. He also gives an account of another case, where the administration of the iodide of iron produced similar effects.

Wasting of the testicle is also liable to result from injuries to the head, and Baron Larrey, the celebrated military surgeon in the times of the first Napoleon, records the case of a man who was wounded in the back of the neck by a musket-ball, which grazed the lower protuberance on the back of the head, and although he recovered

from the injury, the testicles were reduced to a state of atrophy, and the penis shrunk and remained inactive. Lallmand, the still more distinguished specialist and surgeon, relates an instance where a soldier in the expedition to Algiers, received a sabre wound in the nape of the neck. His testicles were wasted, and venereal desires, as well as erections entirely ceased. I mention these cases to show the great importance of not too lightly regarding the least indication of disease, or the slightest injury in those organs, constituting as they do, the chief magazine of man's virility and strength. Since the days of the Bells, Acton and Larrey, eminent as they were in their profession, great strides have been made in this branch of surgical science; and a swelled testicle, although a cause of great pain, anxiety and trouble, need by no means be regarded with despair. As before stated, within the past two years, this class

of complaints have become far more numerous, and of a more aggravated character than formerly, which fact has led to a closer investigation and examination into their causes, and the best mode of their treatment. Having convinced myself from repeated failures in my attempts to arrest and cure by following the old system of leeching, escharotics and fomentations, I determined upon a different course entirely. The result has been, that in over seventy cases of severe orchitis, epididymitis, incipient atrophy, or wasting, which I have had under my charge during the past two years, not a single instance has occurred in which the disease has not been almost immediately arrested, and the recovery rapid and permanent.

I have dwelt thus largely upon the accidents and diseases to which the testicles are liable, because I am satisfied that their serious importance are not duly estimated

by the profession generally. From my long experience in these matters, I do not hesitate to say that, in no part of the sexual organs is disease so much to be dreaded as in these, and none so difficult to trace to their primary cause, or causing so much trial to the patience of the practitioner. Happening, as a swelled testicle not unfrequently does, a long time after the occurrence of the causes which have laid the foundations for it, both the patient and his physician are far from suspecting the true nature of the evil, and led to adopt a palliative, when radical treatment alone should be resorted to. There is a medical term familiar to physicians, known as Metastasis, derived from a Greek word, signifying to "transpose," and used by them when speaking of the translation, or shifting of a disease from one part of the body to another, or to some internal organ, and in no branch of medical science is it so

often to be considered and kept in mind as in the one now under consideration. No part of our structure, or organism, is so intimately blended with, and for its healthy action so dependant upon, or ready to sympathize with all the others as the testicles; a blow upon the head, or spine, a sprain, or shock arising from a fall, undue excitement from any cause, a suppression of a customary discharge, irritation of the bladder or kidneys, inflammation of the urethra, either from gonorrhœa or gleet, or stricture, and a thousand other causes only to be ascertained by the skilful, practical physician, who knows how, by a thorough sifting of his patient's past experience, to find out when, and how the seeds were planted for the outgrowth he is called upon to remove. When it is remembered that, to the testicular troubles to which I have already particularly alluded, there are many others of far greater

gravity, concerning which I have made no mention, simply because they are of a character which the unprofessional reader would not be able to comprehend, or profit by, it will be readily understood why, in all such cases, I strongly advise that the best and most reliable medical advice should be at once applied for. I cannot forbear, as confirmatory of what I have stated, a reference to some historical facts, familiar to every medical student. Hildanus, a Latin author and distinguished surgeon of former times, relates the case of a man accused of impotency by his wife, who sued for a divorce. Nothing external was defective ; but the man stated that eight years previously he had received a blow on the head with a stick. From that period, "confitebator penem eregi non posse," says the narrator, (an erection of the penis was not possible). Many years ago, on the first introduction of railroads into this

country, a gentleman (Mr. B) aged forty-five, being a passenger on the railway between Boston and Providence (in 1839) apprehending some accident, thrust his head out of the window at the moment that the train came in collision with another running in an opposite direction with great violence, most of the passengers were thrown out and greatly injured. Mr. B's head and neck struck against the edge of the window-frame with great force, and he himself was thrown to the ground, where he remained, for a long time, in a state of insensibility. As soon as he regained his senses, he was conveyed to his home in a carriage. The doctor, on visiting him, found him suffering with great pain in the back part of the head and upper part of the neck; but there was no appearances of injury of the skull or spine. On the second day afterwards he complained of a numbness in his right arm, and experi-

enced difficulty in passing his urine. In the course of a couple of weeks he was able to leave his bed and walk in the street, but his eyesight was defective. Between the fourth and fifth week after his injury, he made the discovery that he had lost the desire and physical power for sexual intercourse, and that no amorous sentiment, or the approach of a female, could excite it. Under proper treatment the bladder gradually recovered its power, and his eyesight was restored, but his generative functions ever afterwards remained impaired.—*American Journal of Medical Science, February,* 1839.

In another case narrated by Dr. Smith, in the Lancet for August 28th, 1841, we are told of a gentleman who, being engaged in a quarrel, received a blow on the face which stunned him, and falling backwards he struck the ground on the back of his head, and sustained, in consequence, a

concussion of the brain, producing insensibility and unconsciousness for eight or ten hours. In the course of a week general emaciation and failure of the sexual function were manifested, which required the most careful and skilful treatment to overcome.

I do not believe, however, that in any case a person need despair of recovery, if proper measures of restoration are resorted to. Modern science has opened new resources, of which the old school physicians had no conception, and diseases, especially of the reproductive organs, which, no longer ago than in the days of Sir Ashley Cooper, were supposed incurable, are now treated with entire confidence and success; so that it is somewhat amusing, as we turn back to the pages of the old writers on these subjects, and find such language as the following, in relation to the condition of those supposed to be for-

ever incapacitated for the enjoyment of sexual pleasures, in consequence of those diseases which we have been considering. One writer says, "To such persons a Venus might display her charms, and on such her son (Cupid) might exhaust his quiver in vain. No genial spring is here, no blooming summer, or fruitful autumn; but all is winter—a dreary, desolate and barren winter—in which the springs of life are frozen up, and the animal propensities destroyed."

CHAPTER VIII.

THE range of topics to which, in the onset, I had limited myself in the first part of this treatise, has now been gone through with. The reader will perceive that it has been chiefly devoted to the discussion and investigation of those diseases and complaints usually denominated as sexual and private, and although I have incidentally alluded to others, yet I have only done so when either necessary to illustrate a point, or as a result of pre-existing genital disease. The very nature of the subjects treated in so small a compass, preclude the idea of a perfect work, yet I have seized upon such subjects as in my long experience I have found ever to be the object of most earnest inquiry

amongst my patients, and have endeavored to explain to them, many things, concerning which I know that, the multitude are surprizingly ignorant. In everything I have chiefly aimed to be useful. That I have not gone more extensively into detail, is not that I had anything to conceal, but because, as must be apparent to every reader, it would be literally impossible to crowd into a few hundred pages any just idea of an important branch of medical science which thousands of volumes are not sufficient fully to illustrate. As has been frequently stated in the foregoing pages, my book is neither planned or written for professional instruction or criticism, yet I apprehend that, by none will it be more eagerly sought after, or more carefully and beneficially read than by physicians themselves. As in every attempt made by an independent practitioner to break away from the close corpo-

tion system of a class, and to do all the good he can, without reckoning either upon the profits, or the professional propriety of so doing, I expect to be sharply criticised by them, and am not unlikely to be denounced as a renegade to professional fealty. Yet it matters very little to me. My life has ever been one of competition, and I enjoy it. To its invigorating and sharpening qualities I owe no little of the success I have met with in my practice, and the perseverance which has thus far crowned my efforts to distinguish myself, as a safe and reliable medical counsellor and practitioner.

In the preceding pages the reader will see with what propriety I claim precedence as an adept in all that pertains to a practical, as well as theoretical knowledge of my profession, and however unscientifically, or wide from established rules, I may have presented the results of my

experience, I have, nevertheless, most generally "gone straight to the mark," and thus, better succeeded, I trust, in satisfying the inquirer.

It may not be agreeable to many who will read this book that I have not entered more particularly into subjects deemed enticing, or "bewitching" to young and ardent minds, who think to find in books of this class something to stimulate their passions, and supply food for the gratification of those baser appetites, which I am sorry to say, too many possess. But such unprincipled devices are only resorted to by the debased and ignorant, and I leave them to those who do not hesitate to call them to their aid. Men there are who do not stick at claiming acquaintance and fellowship with distinguished savans whom they never saw; or as possessing titles never bestowed upon them; or of occupying positions never open to them, may hire

writers for such purposes; and, incapable of appreciating anything beyond just what will "pay" for the moment, risk incurring a life-time of contempt that they may luxuriate in present gain. But so do not I. Whatever hope I may entertain that my labors will be properly appreciated, or that in this endeavor to enlarge the bounds of science, and to benefit mankind, I may not go altogether unrewarded, even in a pecuniary point of view, I shall ever have this satisfaction, that in no part of my work have I sought to elevate myself at the expense of truth; nor to defame others, that I might appear in brighter colors.

Before I conclude this division of THE MEDICAL ADVISER, the reader will suffer me again to call his attention to himself, in his possible relation to his professional friend, whom he may have occasion to consult, or of whose practical skill he may wish to avail himself.

He will have seen, if he possesses a particle of common sense, how inadequate any prescriptions would be, laid indiscriminately before him, to assist him in combatting the "foul fiend" with which he has to deal. Aside from his troubles, solitary and venerial excesses may have been engendered and stimulated by other causes, which the practiced eye and matured experience of the *specialist*, in this department of medical science, can only detect. Organic lesions, a morbid sensitiveness of the parts, arising from urethral diseases, such as strictures, granular or fungoid vegetations, or even animalcula, which can only be detected by microscopic examination, may indicate both surgical, as well as medical applications to effect a cure. Such being the case, applicants for relief should well remember the importance of personal consultation, in order to obtain the full benefit of the surgeon's skill, and

how much it is they ask of him, when in a careless composed letter, omitting almost every detail, they ask of him "how much he will charge them to cure," and "how long it will take." And here I am led to observe, how difficult it is to contend against the prevalent vulgar idea, that the greater the *quantity* of medicine administered, the more likely of quick relief. The inordinate passion for drugging is characteristic of anything but a correct idea of the proper uses of medicine, and made to subserve the purposes of the most venal and unprincipled of those whose only aim is money, in the exercise of a profession which they disgrace. How many bottles of colored water, or powders of magnesia are directed to be taken "ut fecisse aliquid videamur," that something may be done which shall be seen, in order to satisfy this appetite for drugs, which seems to possess so many. People hardly

reflect that in the critical and careful investigation of a disease, and forming a proper estimate of its causes, and the proper means of arresting its further progress; the rallying powers of nature are weighed with almost countless circumstances, go to make up the physician's prescription, and that he who succeeds with the least resort to exterior aid, is incomparably more skilful than him, who, haphazard, begins to stuff his patient with the nauseating and vile compounds which, for the most part, compose our materia medica. Influenced by these views, I have latterly directed my researches towards a reduction to the least available quantity of such drugs, etc., as I find it necessary to administer, and those put up in that form in which their active qualities are concentrated to the smallest possible space, and I have hopes, that ere long I shall be enabled to send through the mails, in the

smallest sized pill-box, medicines more efficacious, and less repulsive than in the form hitherto administered; which shall be certain and reliable in *all* those cases in which my prescriptions are sought for.

I have but a word or two more to add. My education, researches and investigations into these subjects have cost me much valuable time and money. In order to satisfy the large demands of thought and reflection called for by my extensive correspondence, I must necessarily confide to assistants some portion of the manual labor incident to my business. ALL THIS COSTS MONEY. Therefore correspondents and others should remember that, as my time is valuable, it is but just that those who ask me to appropriate it to their benefit, should render me a fair remuneration for doing so. Letters therefore should always contain a liberal consultation fee, in order to insure prompt and full answers

N. B. I deem it proper to warn the reader, and such as may desire to call upon me, at my office and place of business, that THE MORRILL MEDICAL INSTITUTE is at No. 3 BULFINCH STREET, a few doors out of Bowdoin Square, and directly opposite the east front of the Revere House. I am thus particular in describing the location, as patients from the country desiring to call at the Institute, having come to the city for that very purpose, have frequently been inveighled into other establishments in the vicinity, of doubtful reputation either for skill or honesty, and have been treated there under the impression and assurance that they were receiving the attention of Doctor Morrill ! !

BE CAREFUL THEN TO REMEMBER

that Dr. Morrill's place is at No. 3 BULFINCH STREET, and don't be deceived by any representations whatever, but, as the late

Davy Crockett would say, "Be sure you are right and then go ahead."

It may be indicative of almost a nervous cautiousness that I lay such stress upon the great importance of patients making sure that they are not the subjects of gross imposition. There are many doctors, or those who hold themselves out as such, who daily resort to the most desperate and villainous modes of "roping in" and securing the cases of such unfortunates as may come to the city for medical treatment. Men are stationed at the various railway depots, and hack-drivers are bribed to conduct to the offices of these imposters, those who may inquire where such a doctor is to be found; when they are at once informed that they will be taken directly to the place. The driver, already bribed, has his cue, and deposits them at the door of the quack, who, on being enquired of, if he is Dr. M., or Dr. D., etc., is at once told that such is his name, and that he is the man they wish to see. Scores of cases of this kind has happened within my own knowledge, where patients from the country, who visited the city expressly to see me, have been driven to other places, and there been assured that they were in *my office*—that they were in business connection with me; that it was all the same, etc. In many cases they have been told that I had left the city,—had given up practice, etc. In fact no means are left untried to swindle and impose upon the too confiding and unwary.

CHAPTER IX.

PERSONAL AND PROFESSIONAL.

IN taking charge of THE MORRILL MEDICAL INSTITUTE, DOCTOR MORRILL would avail himself of the opportunity afforded by the publication of this new and enlarged edition of THE MEDICAL ADVISER to express his sincere gratitude and thanks to a large circle of personal friends and patrons, as also to a liberal and discerning public, for the encouragement, confidence, and extensive patronage hitherto bestowed upon him, and reaching now nearly a period of thirty-three years, during which time he has resided and practised his profession in this city. Coming here almost the third of a century ago, an entire stranger, young

in years, with but the slight experience of a few months of country practice, and profoundly ignorant of the wiles, competitions and struggles of a city life, he has, through the encouragement which an earnest endeavor to attain success has inspired, been fortunate in securing the patronage of thousands of intelligent men and women, whose confidence and good opinion could only be attained by some degree of merit; and has been enabled to acquire a permanence, position and professional standing of which he may well be proud, and which should satisfy any reasonable ambition. In the course of this long period of time he has witnessed the debut, progress, and alas, also the decline and obscuration of an almost countless multitude of Doctors, Specialists, and "Professors" of the healing art, who have swarmed around him, and sought to tide themselves over the rough channels of a metropolitan struggle

for prominence and success, and watching them from the prologue to the epilogue of their brief play, he has often been led to thank God that He had endowed him with a persistency, fortitude and ability which has enabled him to surmount difficulties and opposition which had crippled and disheartened so many. To day, as in the past, there are those who would captivate the public by grand pretensions of great attainments, lofty titles, and conferred dignities; who claim to have exercised their skill in hospitals, and upon the tented field, and as authors excited wonderment and admiration at home and abroad; thus throwing out their baits to catch the credulous and allure the unwary. But I have learned to estimate such persons at pretty near their true value; and that the non-combative system, if strictly adhered to, would in a short time, rid me of all such opposition. If not outspoken, my course

has resolved itself into that inspired by Uncle Toby's treatment of the fly which buzzed about his ears, "Go poor insect, I will not kill thee; the world has room enough for thee and me." In this frame of mind I have resisted the many temptations to a retirement from the arduous duties of a somewhat exacting profession, to the quiet enjoyment of the fruits of my long and eminently successful career as a medical practitioner. The constantly growing necessity in this city for some institution which would operate as a barrier to the daily frauds, deceptions, impositions, and extortions practised upon hundreds of unsophisticated and artless victims of city temptations having led to the establishment of THE MORRILL MEDICAL INSTITUTE, I have been induced to embark in the enterprise, and give to it my hearty sympathy and co-operation. Placed at the head of it by the very flattering partiality of

its projectors and founders, I find myself almost unexpectedly in a position where my large experience, and habits of careful study and investigation, will find ample scope for exercise as well as display.

In the prime of life, and in the enjoyment of unimpaired vigor of both body and mind, I enter upon the work assigned me, with all the eagerness and ardor of confident ability to discharge every duty incumbent upon me with success and credit to myself, and to the entire satisfaction of my friends and patrons, amongst whom I am happy to say that, those of the female sex have constituted a very large and interesting proportion. Very early in my practice, the circumstance of being located in a section of country where I had but few professional rivals, and constantly called upon to attend to all the various cases always arising in a country neighborhood, I felt an ambition to excel, par-

ticularly in cases where the ladies were to become the objects of my solicitude and care.

In all female complaints, arising from any obstruction to the free operations of nature's laws, my remedies are infallible; whilst in cases where nature must be restrained, for reasons of health, propriety, or expediency even, *if consulted in season, my remedies are equally efficacious and certain.* In a book designed as this is for general circulation, topics of this character can only be alluded to superficially, and in suppressed tones, lest the delicate sensibilities of some, whose good opinion I would conciliate, might be too rudely jarred. Hence I can only say to them, as to all others, that you will at all times find me a patient listener to your complaints and troubles, and may safely rely upon my care, discretion and skill in ministering to your necessities, even if arising through a faulty training,

misplaced confidence or unguarded intercourse, or any other cause which may require the aid of medical advice and assistance.

In the preceding pages I have, as the reader will have seen, very thoroughly considered every subject relating to sexual, syphilitic, and private diseases pertaining to man, so far as to enable him safely to hold them in abeyance, at least until he can have an opportunity to obtain reliable medical assistance. Beyond this it is not my intention, nor is it necessary that I should go. It would swell this volume to a greater size than convenient for the uses for which it was designed, were I tempted to discuss, even to a limited degree, *all* the topics suggested by its title, and arising out of so vast and complicated a branch of medical science as the one which we have been considering. I therefore hasten to a conclusion of this branch of my treatise.

CHAPTER X.

SYMPTOMATOLOGY.

IN order to enable those who may be so unfortunate as to be afflicted with any of the diseases alluded to in this book, or any kindred complaints, arising from hereditary taint, an impure state of the blood, imperfectly treated scrofulous or syphilitic diseases, I have thought I could do no better service to my readers than to furnish them with a brief index of such diseases, with a clear and comprehensive enumeration of symptoms usually attending them, so that they may be enabled, of themselves, to judge somewhat of the nature and gravity of the trouble which assails them. The diseases herein enumerated, are all such as I have made a special study, and I flatter myself that the numer-

ous cases with which I have had to deal, and the eminent success I have met with in their treatment and cure, will give confidence that my claims of superiority in their proper management, are not without some show of substantial merit and ability.

Acne. A chronic tubercular affection of the skin, characterized by small, isolated pustules, with deep red bases. These pustules, after suppurating and bursting, leave behind them very small hard red tumors, very painful, and apt to mark the skin. In young people Acne appears about the age of puberty upon the forehead or sides of the cheek, and are very protracted and annoying with elderly people; it frequently attacks the nose, giving it a red appearance.

Amnesia. Forgetfulness, or loss of memory, a prominent symptom in certain cerebral diseases resulting from masturbation, etc.

Angina Pectoris. This term, signifying to strangle, is applied to a disease in which severe pain is felt about the chest, with a sense of strangulation; and great anxiety; occurs most frequently in advanced life, but may come on at any time; if the patient be walking he is obliged to stop immediately. During attack, pulse slow and feeble; breathing short and hurried; countenance pale and anxious; surface of body cold, perhaps covered with clammy sweat, etc. This is a very dangerous disease.

Balanitis. Inflammation of the glans penis, or external clap. This disease is indicated by soreness, with redness and excoriation of the glans and internal surface of the prepuce, with heat and itching of the parts. On exposing the glans, by drawing back the skin, patches of redness and excoriation are seen, with perhaps flakes of curdlike matter, from which may

be inferred danger of chancre, abscess, sympathetic bubo, or threatened mortification. Pimosis, or parapimosis is extremely imminent. No time should be lost in applying for medical treatment.

Bronchitis. Inflammation of mucous membrane of bronchial tubes. It may be acute or chronic; affects one or both lungs. The symptoms are, fever, a sense of tightness about the chest, hurried breathing, with wheezing cough, spitting of viscid, glairy mucous, and afterwards of purulent secretion, frequent and weak pulse, foul tongue, headache and lassitude, great anxiety, etc. There are several varieties of this disease, all of which are very much aggravated by syphilitic taint, if the patient has ever been exposed.

Bubo. A tumor of the glands of the groin, and may arise from balanitis, gonorrhœa, excessive venery, etc., or may be the direct result of the absorption of virus

from venerial sores, chancre, etc. It is as often a precurser of syphilitic attack, as otherwise. Prompt treatment should be resorted to.

CARBUNCLE. Name derived from a Latin word, signifying "a live coal," consists of severe inflammation of a certain portion of the skin, and surrounding parts impregnated with unhealthy matter. It first appears as a flattened circular swelling, with throbbing, or dull, aching pain, suppuration, bloody, purulent discharge, sloughing of the areolar tissue, vitiated state of the blood, constitutional disturbance, prostration, etc., etc. The same remedies indicated as in syphilis.

CATARRH. From a Greek word, meaning to flow down little by little. It is an inflammation of the mucous membrane of some portion of air passages of the nose and throat, and is one of the commonest diseases in our climate. Its symptoms are

lassitude, pains in limbs, aching of back, sense of tightness across forehead, excessive discharge from nostrils, profuse involuntary tears, hoarseness, sore throat, furred tongue, more or less feverishness, thirst, loss of appetite, quick pulse, etc., sometimes a severe eruption of pimples upon the lips, most frequently about the corners of the mouth, or middle of lower lip. A very troublesome, painful, and sometimes dangerous complaint, superinducing pneumonia, and other chest diseases. The very first symptoms should be promptly attended to. Neglected, they assume a gravity and difficulty of treatment, rendering cure protracted, if not uncertain.

Concussion of Brain. Name derived from the Latin *Concutio*, to shake. An affection very often resulting from the severe nervous shocks occasioned by frequent and persistent self-abuse. Signa-

lized by fainting, sickness, stupor, insensibility, and loss of all muscular power. The patient may rally quickly, or not, for many hours, or he may die suddenly. The symptoms vary according to degree of concussion. When the shock is slight, the state of unconsciousness soon recovered from, complaint only made of confusion of ideas, faintness, sickness, chilliness, drowsiness, ringing noises in the ears. In more severe forms, insensibility continues longer. Patient lies as if in deep sleep; pupils insensible to stimulus of light; surface pale and cold; muscles flaccid; pulse fluttering, or feeble; breathing often scarcely perceptible. Instant resort to friction up and down the spine should be resorted to by the attendants, and physician immediately summoned.

Concussion of Spinal Cord, is also a result of the constant agitation and weakening of the system by excessive mastur-

bation. The first symptoms usually are a peculiar tingling, as though from the pricking of pins and needles, in the extremities; extreme weakness; difficulty in passing urine; coldness and numbness of the legs; difficulty in walking, etc. The cases become very serious from neglect.

Conjunctivitis. A term synonymous with *Opthalmia*, a disease of the eyes, very frequently a sequella of gonorrhœa, hence one form of the disease is termed Gonorrhœal Opthalmia. The symptoms are, inflammation very severe, attended with violent pain, and leads to formation of large quantities of thick and yellow purulent matter. Eyelids swell very much and separation of them difficult, the discharge adhering to the eyelashes in thick drops. Severe pain in the eye and forehead, much constitutional disturbance, with fever and prostration. Where this disease does not readily yield to cooling

applications and astringent lotions, inflammation is apt to continue ; increasing it attacks the cornea and internal textures of the eye; extensive sloughing takes place ; and when sufferings terminate, it is found that sight is completely lost. It is contagious, and both eyes often affected. Anti-syphilic treatment should at once be resorted to. Medical advice the only reliable course to be adopted.

Convulsions, are often due to renal disease and albuminaria. The symptoms and appearances are too well known to require particular description. During a general paroxysm there is distortion of features, pallor, or lividity of face, staring eyeballs, grinding and gnashing of teeth, protusion of tongue, etc. Involuntary evacuations, laborious breathing. There will be only one attack, or several, followed by a tendency to sleep.

Corneitis. Name derived from the Latin

Cornu, a horn. A peculiar affection of the eye. There are several varieties, amongst them is *Syphilitic Keratitis;* the result of inherited constitutional syphilis, and often affects young children. Its indications are, a diffused haziness, beginning at centre of one cornea; tissue gets to resemble ground glass. No tendency to ulceration; after a few weeks both cornea become affected. Subjects of this disease acquire a coarse and flabby skin, pits and scars on face and forehead, scars of old cracks at the corners of the mouth, and the bridge of the nose gradually sinks down. It is altogether a very disagreeable disease, greatly to be feared from the marks it leaves upon its victims, will not admit of being tampered with, nor be cured by quack remedies. Not one doctor in a hundred can do anything for it. The skilful specialist only knows how to treat it. I have a perfect remedy.

DIABETES MELLITUS. From Greek words, signifying to move through honey. A species of saccharine diabetes, characterized by secretion of a large quantity of urine, containing glucose, or grape sugar. It comes on very insiduously, with a sense of uneasiness and feverishness. Large quantities of urine are passed, having an apple-like odor. Constipation; hard, dry excretions; constant thirst; failure of general health; muscular weakness, and loss of sexual power. Mental depression and irritability; constant sense of sinking at the stomach, with occasional voracious appetite; tendency to boils. This disease often becomes associated with consumption after a time, and death, unless relief is obtained, almost sure to ensue. In its first stages, it is entirely manageable, but treatment deferred, renders cure difficult and protracted.

DIURESIS. Signifying to pass urine. A

condition in which an excessive quantity of pale, limpid urine is secreted, from sugar, or other foreign ingredient. The symptoms are excessive thirst, with excretion of large quantities of urine. The general health suffers, and frequent desire to pass water, cause bad and restless nights. Dropsy frequently sets in.

Enuresis. To urine in bed needs no further explanation, and is easily cured, but the habit becomes inveterate, and a source of much mortification and trouble if neglected by parents, and those having the care of children.

Hœmaturia. Bloody urine. Hemorrhage from the mucous membrane of the urinary passages, the kidneys, bladder, or urethra. The symptoms are, the urine of a smoky, or black hue, or of a port-wine tint, albumen present. When the kidneys are affected, the blood is equally diffused through the urine. When the disease is

of the bladder, or urethra, the blood comes away after passing clear urine. Indicative of blood-casts of renal tubes, cancer-cells, or renal calculi. A very dangerous disease.

Hœmorrhoids, or Piles. There are two kinds, External and Internal. In the first, they consist of a knot of varicose veins, or of one or more cutaneous excrescences. The veins may contain fluid blood; more frequently their contents have coagulated, forming one or several hard and purple swellings. When indolent they are chiefly troublesome from their bulk. If they become congested, or inflamed, great pain arises, with heat and throbbing; a sense of bearing down, backache, irritability of the bladder, and perhaps retention of the urine. Very troublesome and annoying. In case of Internal Piles, they protrude during stools at first, in consequence of the frequent attacks of bleeding and other causes

they are constantly down, save when the patient is in a recumbent posture; uneasiness about the rectum; loss of flesh; sallowness of complexion; deficiency of blood; general derangement of functions of the liver, stomach, bowels, etc. By long neglect and inattention, piles very often become so seated, and difficult of cure, that the most intricate surgical operations are sometimes rendered absolutely necessary. I have given great attention to the treatment of this troublesome complaint, and have discovered remedies which I consider almost infallible. I have rarely met with a case that I could not cure in a short time.

Hydrocele and Hœmatocele. The first is an accumulation of serum, either in the sack covering the testicles, called the Tunica Vaginalis, or in the cord. Hœmatocele is an extravasation of blood into the tunica vaginalis. Hydrocele may

result from injuries, testitis, and many other causes. The symptoms are, a gradual swelling and distension of the scrotum, until it is of a smooth and pear-shaped form. The testicle may be felt near the lower and back part; the spermatic cord can easily be felt at the neck of the tumor. The fluid consists of pale, yellowish serum; average quantity ten or twelve ounces. In Hydrocele of the cord, the serum accumulates in the areola tissue of the cord. In some cases the fluid is formed in a distinct cyst or sack. The treatment of these painful diseases of the scrotum has hitherto consisted chiefly in drawing off the fluid by a trocar, puncturing, or the application of counter irritants, etc. These remedies, such as they are, are merely palliative, giving only temporary relief. My method of treatment is altogether different, and more rational. I neither tap, nor inflict unnecessary pain, by blistering or irritat-

ing applications, but by a process of absorption, the means of which were discovered by myself, I am enabled to scatter the secretion of serum, and to reduce the swelling in a very short time. In cases of Hœmatocele, or blood tumor, there is some danger that the distension may be to that extent as to compress the testicle so as to induce atrophy. Besides the inconvenience and suffering, this disease has a very depressing influence upon the mind, leading to despondency, low spirits, apprehensions of evil, etc. Its proper treatment should, on no account, be neglected for a single day.

Hydronephrosis. Dropsy of the kidney. May arise from obstruction of the ureter, or membranous tube through which the urine is conveyed from the kidneys to the bladder. These obstructions may result from calculi, tubercular, or malignant deposits, pressure of tumors, etc. Kidneys

become ultimately converted into large pouches. The symptoms are generally very obscure. Tumors in the loins, reaching forward in the abdomen, tender to the touch, with a rolling, undulating feeling, are one of the indications of this disease. The urine, though often natural in quantity, often contains pus. There are sometimes frequent attacks of colic, especially where there is calculus. Complete rest should be enjoined upon the patient, with warm diluent drinks to prevent concentration of urine, and medical assistance at once called in. I have very frequently been called upon to attend upon cases of this kind, and have generally succeeded in affording relief in a very short time. None but a practical experienced diagnostician who understands these cases more from frequent dealing with them, than from merely reading about them, should be trusted to prescribe for them. In the

treatment of such cases, it is literally true that "practice makes perfect."

IMPOTENCE AND STERILITY. The term "Impotence" simply means that condition of the male which may prevent the seminal fluid coming in contact with, or impossible to impregnate the female ovule. On the other hand "Sterility" is that condition in which no spermatozoa is secreted in the male, nor ovules in the female, or which in either case their vitality is immediately destroyed.

These subjects have been freely discussed in the main body of this work, and I only allude to them here in order to recall the attention of the reader to them, and to assure them that, in most cases where they occur, they are generally curable; more so, in fact, than many other obstructions and derangements of the generative organs, apparently of less importance. My remedies and mode of treatment in all such

cases, are at once simple, reliable, safe, and prompt in their action. For numerous testimonials of the efficacy and success I have met with in the treatment of barrenness, impotency, exhausted vitality, etc., I invite the interested to call and see me. The most sceptical will not fail to be convinced that it is worth while, at least, to give a fair trial to the remedies I can offer them.

INSANITY. Mental alienation; deranged intellect; madness; synonymous terms used to express the mental condition opposed to sanity; sanity being that state of the mind which enables a man to discharge his duties to God, his neighbor and himself. Indications of impending cerebral mischief are often to be detected by physycians long before they attract the notice of the patient or his friends, are not developed suddenly; often rendered incurable by neglect of treatment in early stages. Symptoms which should excite alarm are,

frequent and severe headache; attacks of giddiness and mental confusion; irritability; loss of temper without sufficient cause; inaptitude for usual occupations; weariness of life; sleeplessness, or lethargy; loss of memory; defective articulation; dimness of sight; sufferer feels not quite right, but does not like to consult a physician. He shuns old friends; is tortured with blasphemous, or obscene thoughts, has frightful dreams; and frequently suffers from dyspepsia. Of all forms of insanity those complicated with general paralysis, or with epilepsy, are the most terrible. This disease is more frequently the result of long continued and persistent self-abuse, masturbation, etc., than from any other cause. It may confidently be asserted that fully two-thirds of the cases of monamania, dementia and idiocy are caused by this vice. The various forms in which these conditions of mental disease are man-

ifested, forms one of the most interesting studies of the philanthropic physician. In the various phases of monomania, for instance, we find melancholy, fear, moroseness, despondency, etc., autophamania, or a desire to commit suicide; androphomania, where there is an uncontrollable tendency to commit murder; pyromania; where there is an irresistible propensity to set fire to buildings; kleptomania; or a desire to steal. In erotomonia, a strong proclivity towards women, etc. All of these conditions of the mind are produced to a greater or less degree by uterine disturbances in women, syphilitic taint, venerial excesses, masturbation and self-abuse in men; and may be cured, or essentially relieved by early medical and hygienic treatment. Moral influences are much to be depended upon; but careful medical treatment, calculated to remove obstructions, promote sleep, and give tone to the

system, are of greater importance. There is no one method adapted to general application, nor are there any specifics for the cure of these diseases. No one but a thoroughly skilful physiologist, profoundly impressed with the great importance of the task he undertakes, and from long experience familiar with the workings of the human intellect in health as in disease, should be entrusted with such cases. I am the more concerned in impressing this truth on the minds of my readers, from the fact, that latterly, the most unscrupulous efforts have been made to create the impression that there are certain remedies and methods for the treatment of insanity, known to but a few, and which can be peddled out, as a box of pills, or a bottle of stuff, to be well shaken and taken, "ad nauseum." In a book recently published, claiming to be written by a certain advertising specialist in this city, better known

for his tortuous trading and financial operations, than for his skill or learning as a physician, I find, amidst a chaos of incoherencies and contradictions, a case stated something like this: speaking of a lady laboring under mental depression, melancholy, etc., induced by the death of relatives, he says, "The professional assistance of Dr. Brown Sequard was sought in Paris, but his best endeavors were of no avail. On her return to America, *our professional aid* was required. *The means* were used diligently, under our direction, and in eleven weeks, being perfectly recovered, *the means* were discontinued." The attempt is here made and repeated in other parts of the book, to create a belief that some new discovery in thereaputical science has been discovered by the author, or rather publisher, for the successful treatment of nervous and mental disorders, superseding all that has hitherto been done

by such men as Rush, or Ray, and curing mental derangements, as one would the itch; by some salve or ointment, the preparation of which he alone is the fortunate discoverer and proprietor, and which, for "a consideration" he stands ready to dole out in potions, as he would emetics, to his dupes. Thus, he says, in regard to a certain Episcopal minister whom he met with (?) on his way to California, "He availed himself of *my* advice, and the benefits of *our discovery*" *!!* Then again he says, "one peculiar and most extraordinary advantageous adjunct of this discovery is, *its power can be raised in proportion to the strength of the disease,*" etc. One would judge so from the fact (if it be a fact) stated further on, that to accomplish a certain cure, *the means*, that is the stuff, or new discovery, which in ordinary cases are to be used in small quantities, three times a day, were used for *many*

weeks every two hours, and in eight-fold larger quantities than usual." This learned Ex U. S. A. surgeon also has a great deal to say about the "organ" of the brain. We should be glad to know what that is; which organ, etc. We always supposed that the brain was an organ itself, or rather a net-work of organs of the mind, and that it was through the brain, as its organ, it communicated with the world and external things; by the hands, arms, feet, tongue, eyes, etc., as the "organs" of action and sensation. To all this mess of arrant nonsense and charlatinism we have added, the comforting assurance that "the average cost price of '*the means*' is the only charge to the rich till the cure is completed, whilst servants, mechanics, *little* tradesmen (who are they?) and *poor clergymen* pay only half the cost price, and nothing is expected from them when cured." Verily the operators of gift enterprises

and bogus lotteries, and even the Peter Funks of Chatham Street may take a new lesson in skinning the greenhorns, and transferring the dollars from their purses to themselves. I feel that some apology is needed for calling attention to this bare-faced foray into the realms of decency and common sense, by the getters up of this scheme, but knowing, as I do, the great liability of people to be seduced by such stuff, and the great necessity there exists for this exposure, I cannot refrain from alluding to it as I have.

Iritis. A term derived from a Greek word signifying a rainbow, and applied to a peculiar affection of the eye, accompanied by acute inflammation. The usual symptoms are, in the first stage the iris presents a confused appearance, owing to its fibrous texture becoming indistinct; loses its contractile power, and undergoes a change in color. If the inflammation

proceed, the pupil may get closed, or its margin become adherent to the capsule of the lens; or the cornea may be rendered opaque. If the inflammation be not checked, it creeps on, involves the whole coating of the retina, and spoiling the delicate texture of the latter, completely destroys the sight forever. When one eye has been permanently injured from any cause, sympathetic subacute inflammation is not infrequently set up in the sound organ at the end of some months, or even in the course of a few days, which may go on to produce complete destruction. To prevent this, it is often necessary to remove the eye which was first damaged. Among the chief causes of this dangerous malady, is syphilis when, as a secondary effect, it causes syphilitic eritis, and is also the most common. It may occur at all ages. It is usually attended with other effects of constitutional syphilis, such as copper-colored eruptions,

nodes, pains in the bones, especially severe at night, and ulceration of throat. The treatment of this disease was formerly by bleeding and belladona; but that method has given way to the more enlightened one of sustaining the general health by generous diet, and relieving pain with narcotics. The patient should be kept quiet, and every effort made to arrest effusion of fibrine, and to procure absorption of that poured out. Professed occulists merely are incompetent to treat this disease. It having its origin in syphilis, none but those who understand that disease, can so successfully undertake its cure.

Lepra. Signifying a scaly state of the skin. Is the most obstinate and troublesome of all curable cutaneous diseases resulting from syphilis, in which case it is known as *syphilitic lepra.* It consists of red and scaly circular patches, of various dimensions, scattered over different parts

of the body. Most frequently found in the neighborhood of the joints, especially near the knee and elbow. By degrees, patches increase in size and number, and extend along the extremities to trunk. In these cases the patient should suspect the nature of his trouble, if at any former period of his life he has been the subject of a syphilitic attack.

The usual anti-scrofulous remedies, such as would be prescribed by ordinary physicians, would be useless here, as such cases call for treatment almost identical with that of secondary syphilis.

Nephritis. Inflammation of the kidney. The symptoms are, severe pains in loins, increased by pressure or exercise; pain often extending along the ureter to neck of bladder, groin, scrotum, or testicle. Numbness of thigh; retraction of testicle. Frequent and urgent desire to empty bladder; urine high-colored, often contains

renal casts with blood and pus corpuscles. Sometimes, suppression of urine; with urœmia, or bloody mixture, convulsions, etc. When recovery follows, a foundation for future renal diseases often laid. Renal abscesses may form, leading perhaps to ulceration and establishment of a purulent discharge, obstructive diseases of urinary passages, etc. This disease, resulting as it does from syphilis, is not generally understood by the profession; but the specialist detects it at once, and knows how to grapple with it successfully. No time should be lost in attending to the very earliest symptoms of this disease, as, if neglected, fatal results are almost sure to follow.

Paraphimosis is that condition in which a tight prepuce, or foreskin having been drawn back over the glans penis, the latter becomes constricted and swollen, so that the prepuce cannot be replaced. The

symptoms are, great swelling behind the constriction; mucous membrane of withdrawn prepuce forms a thick and hard girdle around and just back of the head of the penis; congestion of glans; great pain, anxiety, etc. The first efforts should be to attempt a reduction by well oiling the parts, and compressing the glans so that they may be gently pushed backward with the right hand, whilst the prepuce is to be steadily drawn forward with the left. To reduce inflammation, applications of ice, cold water, etc., are sometimes useful; a permanent cure can only be effected by circumcision.

Penis Cancer generally commences as a warty, or cauliflower looking growth on the inner surface of the prepuce; followed by unhealthy and very destructive ulceration. Lymphatics on back of penis, and the glans in the groin gradually get involved. Bloody discharges, retention of

urine, a cancerous tendency generally manifested. If disease is not arrested by early and complete amputation, a painful death is sure to follow.

PERIOSTITIS is a disease often the result of syphilitic taint affecting the thin, delicate membrane forming the immediate covering of the bones, called the periosteum. It may also arise from injury, rheumatism, abuse of mercury, and from atmospheric exposure, acting upon enfeebled and broken down constitutions. The symptoms are, pain and tenderness, thickening of the inflamed part from deposits of plastic matter forming a tense elongated swelling—a node; much constitutional disturbance; varying from slight impairment of health, to acute inflammatory fever; restless nights; great mental depression, etc.

PERITONITIS. From a Greek word signifying to stretch all over. Is an inflamma-

tion of the peritoneum or membrane, investing the entire viscera of the abdomen. When acute it is a very serious disease, accompanied with pain and swelling of the abdomen, and severe symptomatic fever. Symptoms are sometimes chilliness and rigors, high fever, great tenderness of abdomen; increased by slightest pressure, and by any movement calling abdominal muscles into action. Patient lies on the back, with knees bent and drawn up, abdomen tense, hot, and often hollow sounding, constipation; nausea and vomiting; dry burning skin; rapid feeble pulse; hurried respiration; hiccough; tongue thickly furred, countenance expressive of anxiety and suffering. If not relieved, death usually takes place from exhaustion, within eight or ten days from the commencement of disease. None but a thoroughly experienced physician should be called to attend upon cases of this kind.

PAMRYNGITIS is a syphilitic affection of the throat, producing ulceration of the velum and fauces, attended with difficulty in swallowing, rapidly producing exhaustion and suffocation. A dangerous disease, not to be trifled with. The experienced specialist, familiar with every indication of syphilitic taint, would be best able to judge whether anti-syphilitics are indicated and proper.

PRIAPISM. Constant and distressing erection of the penis. May arise from injury or disease of the spine ; disease of the brain ; the rupture of some vessel, with extravasation of blood into corpora cavernosa ; sub-acute inflammation, with effusion of blood into the same ; or vesicular and nervous excitement consequent upon excessive venery, etc. It may be relieved by anodyne and narcotic remedies, but they should not be resorted to without medical advice.

PROSTRATE ENLARGEMENT. Excessive growth, thickening, or enlargement may result from chronic prostatis, or inflammation of the prostrate gland, or in advanced life independent of any inflammatory action. Produces displacement, or compression of the urethra, so that micturation is rendered slow and difficult. Such cases should only be treated by a physician. The unskilled patient should not meddle with it. Care should however be taken that the bladder be completely emptied, or chronic cystitis (inflammation of the bladder) will be set up.

PROSTATITIS. Inflammation of the prostrate gland may occur in course of gonorrhœa, from violence, use of strong injections in urethra, exposure to wet, excessive venery, diseases of rectum, and irritation produced by cantharides (Spanish flies). The symptoms are, pain and tenderness between the anus and scrotum (peri-

neum) with sense of heat. Frequent painful micturation, pain at stools, feeling of weight about perineum and rectum, great suffering if a catheter be passed, rigors, fever, difficulty of micturation, etc., danger of abscess. Until medical advice be had, the patient should rest quietly in bed; and hot hip baths, fomentations and poultices may be resorted to, taking only very simple nourishment, without any stimulants. In case of abscess he should have nourishing food, raw eggs, cream, essence of beef, and wine if there is much depression.

Rectal Cancer are of several varieties, and sometimes attacks the anus, and may extend some distance up the rectum. The symptoms are often obscure and not very well marked at first, as there is but little suffering until difficulty at stool arises.

When it is found that the disease has made considerable progress, and the bowels

extensively infiltrated with cancer, producing considerable contraction with severe lancinating pains. Frequent attacks of bleeding, offensive muco-purulent discharges. Debility, ending in complete prostration. Loss of flesh, ulceration extends to the bladder and urethra, if relief is not had, death results from exhaustion. Of course before any of the foregoing occur, the patient will have had the attendance of a physician. This is a difficult and dangerous malady to deal with, and none but a skilful and reliable physician should be consulted. I have had large experience in such cases, and although in most cases have been obliged to resort to excision, yet have always been enabled to alleviate the condition of the patient, so as to render this troublesome complaint less distressing than it would otherwise have been. I trust I need not caution my readers that in all such cases no reliance whatever is to

be placed in the various empyrical remedies of so called cancer doctors, etc.

Rectal Stricture. Stricture of the rectum may be confined to a ring of condensed tissue of the annular form; or it may be confined to one side of the bowel, as when it follows healing up of ulcers; almost the whole gut may be narrowed and hardened. To be distinguished from constriction due to cancer, or to pressure of tumors, etc. The symptoms are constipation; small stools; great difficulty in passing solid stools; straining and bearing down efforts; flatulence; pains in the loins; mucous discharges, sometimes stained with blood; depression of general health; low spirits. If ulceration follow, burning pains; tenderness about the sacrum and fundament; discharges of blood and pus, etc., dilitation by bougies, the use of sponge tents, and other surgical operations of a delicate nature, are often abso-

lutely necessary in reducing the disease. The patient can only rely upon his physician. In the meantime he should take nourishing diet, avoiding all stimulants.

RECTAL ULCERS, or fissure of the anus. Is an apparently slight affection, but one which causes great suffering. No information about them can be given to the patient, by which he can be properly guided in self-treatment.

RENAL CANCER is the rarest form of kidney disease; most common in childhood and old age. When the disease is primary, only one gland is usually attacked; if secondary, the reverse. In primary cancer the tumor frequently attains enormous size. The chief symptoms are enlargement of affected gland, escape of blood, pain in the loins, sickness, emaciation, dropsy, fatal exhaustion. Medical skill can do much to relieve the prominent symptoms. Great difficulty is often expe-

rienced in passing urine which may be obstructed by blood clots. Self-treatment dangerous.

Renal Degenerations. Here it may be remarked that the term *Renal* is applied only to diseases of the kidney and its appendages, and is derived from the Latin word *Ren*, a kidney. There are three different varieties of kidney disease under this head, namely, Fatty, Amyloid, (waxy or starchy) and Cystic; affecting the bladder or gall. The fatty degeneration may be the result of a scrofulous habit, bad living, intemperance, exposure to wet, cold, etc. It is indicated by frequent desire to pass the urine, dyspepsia, with attacks of obstinate vomiting, scanty secretion of urine, highly albuminous. In the early stages the urine, generally free from sediment, but after awhile there appears a cloudy sediment. When the urine is of natural color, highly albuminous, and

shows a large number of oily bubbles, the symptoms are most unfavorable and dangerous. Medical advice should be at once resorted to; delay dangerous and often fatal. There should be complete abstinence from intoxicating drinks, starchy food, sugar, etc.

In the second form of this disease, amyloid, or waxy degeneration, better known as Bright's disease, we often find some connection with scrofula, syphilis, or disease of the bones. The symptoms are, excessive secretion of urine; patient has to rise several times during the night to micturate. Loss of strength coming on gradually; swelling of feet and ancles; urine pale in color. Progress of this disease is slow, and almost always has a fatal termination. If however taken in the onset, the symptoms may be very much mitigated, and life prolonged indefinitely.

Rheumatism. This is a very formidable

disease, owing to the suffering it causes, the intensity of the fever, and the general derangement it inflicts upon the whole system. There is no mistaking the general symptoms of this disease. Restlessness, stiffness and aching pain in the limbs, following exposure to cold and damp, swelling and tenderness of one or more of the large joints. Unrelieved, the patient is soon rendered a pitiable spectacle of helpless suffering. He dare not move; pain in the joints so agonizing that even the weight of bed clothes cannot be borne; among other symptoms the urine becomes high colored, acid, scanty, and loaded with urates. This disease, though commonly attributed to cold and exposure, is as often the result of suppressed, or badly treated gonorrhœa, as to any other cause. In fact two-thirds of the cases of rheumatism, whether acute or chronic, I am called upon to prescribe for, I find upon pushing my

inquiries, that the individual has had gonorrhea, and that I had a case of gonorrhœal rheumatism on my hands. As the treatment of this form of the disease should be entirely different from that proper to the others, it is important that the medical attendant be able to distinguish between them. As this is rarely thought of by ordinary practitioners, in cases where the usual remedies do not promptly afford relief, a specialist had better be applied to. The remedies which I apply in these cases act with great energy, and I rarely fail to have my patient on foot in a very short time.

Testicular Neuralgia. Irritable testis, a pain of the testicles, oftentimes very distressing, and assuming the character of true neuralgia. There is no swelling, or increase of heat, but only intolerence of the least pressure, and retraction of gland close to the groin during the paroxysms.

This complaint frequently arises from masturbation, or excessive sexual intercourse; disease at prostrate part of urethra; or as a sequel to testitis; from gout; dyspepsia, with very acid urine; calculus in the kidney or ureter, variocele, etc., sometimes is so severe as to induce patients either to castrate themselves, or seek it at the hands of others, a compliance with which would be perfectly unjustifiable, save in very exceptionable cases. Skilful medical treatment, with rest and quiet, will soon remove the difficulty.

Testitis. This term, derived from the Latin word *testis*, meaning a witness, because the testicle is a proof of virility, or manhood, is applied to inflammation of the testicle, and in its various forms distinguished as either acute, or chronic, or specific, as syphilitic or tubercular.

Acute Testitis, otherwise known as orchitis, or swelled testicle, is generally due to

extension of gonorrhœal inflammation from urethra; such inflammation having been often superinduced or aggravated by strong injections, use of alcoholic drinks, strains, sudden jar, or fall, etc. The central portion, or body of the gland may be affected; the epididymitis and tunica vaginalis may be attacked, or all these parts may suffer. Symptoms usually are, pain and feeling of weight in cord and testicle; uneasiness about the loin, groin, and upper part of the thigh. Frequent passing of urine; swelling of the testicle; the scrotum firm and tense; swelling of cord; pressure aggravates the pain. Febrile disturbance; nausea and vomiting; constipation, etc.

Chronic Testitis either follows an acute attack, or the inflammation may be subacute or chronic from commencement. It may also be due to stricture of urethra; to gleet; or to a syphilitic taint. Morbid action usually begins in the epididymis,

and extends to body of the testicle. There is swelling, hardness and tenderness on pressure; a sense of weight. When due to constitutional syphilis there are other manifestations, such as pustular, or scaly skin eruptions, rheumatic pains, ulcers about tongue or throat, derangement of general health, etc.

Scrofulous Testicle, is indicated by slow and subacute inflammation, with deposit of tubercular matter between the seminal tubes, or into the epididimis; there gradually forms nodular swellings, without much pain; they seldom attain much size, softening and suppuration takes place, and the tumors burst, pus and tubercular matter coming away. I need not say that all the foregoing conditions of inflamed testicle are generally of the most serious character, and very frequently baffle the efforts of the most skilful physicians. The usual palliatives in cases of inflammatory

swellings seem to be useless here. Fomentations, leeching, counter-irritants have alike, at times, failed to give relief, simply because the primary cause of the mischief is not ascertained. I have as often found testitis to result from an old stricture, of which nothing is said by the patient, as from any other cause; and in fact from many occult causes, which only the practiced specialist would be likely to suspect or ascertain. Tubercular disease of the lungs not unfrequently manifests itself in connection with scrofulous testicle. Where constitutional disturbance is very great, a removal of the source of irritation by castration may be rendered necessary.

Urœmia. A poisonous condition of the blood, from the accumulation of urea, owing to its non-elimination by the kidneys. Symptoms are, disturbed condition of either or both the great nervous centres, convulsions, albumenaria, suppression of urine.

URETHRITIS. Inflammation of the urethra, either acute or chronic, and may arise independently of gonorrhœa, or syphilis. Is often produced by copulation with females having leuchorrhea, or other viscous discharges. It is accompanied by a sense of heat along the urethra, with more or less pain on urinating; sometimes a muco-purulent discharge; irritability of the bladder; the urine may contain an excess of uric acid; sometimes blood, pus, or ropy mucous. The lips of the urethral orifice very much swollen; retention of urine may be caused by spasmodic stricture. In cases of this kind, the patient should be careful to remember when, and under what circumstances his latest exposure occurred. In nine out of ten the chances are, that his physician would put him under treatment for gonorrhœa, hence the absolute necessity of consulting only those who have experience in these mat-

ters; rest, demulcent drinks, a little opium or astringent injection is all that is needed in the one case, where persistent and expensive treatment is often required in the other.

URINARY CALCULI. *Gravel.* These concretions are found in the kidneys, bladder, or follicles of the prostrate gland; very rarely one or more urinary salts become deposited in the ureters, or in the urethra; usually calculi found in these situations have travelled there from the kidneys, or bladder. Calculi consists of only one substance, or of alternate layers of two or more salts, or of uric acid and oxolate of lime, etc. These concretions vary much in size; occasionally they resemble grains of sand, so small as to pass with the urine, at other times calculi are as large as a hazel nut, or a small orange. When a stone has formed in the pelvis of the kidney, it may, while of moderate size, enter

the ureter, and gradually be forced onward towards the bladder. The suffering which takes place during the transit is very great, generally known as a "fit of the gravel." The symptoms of stone retained in the kidney are, almost constant back ache, bloody urine, especially after exertion, nervous irritability, greatly impaired health, loss of flesh and strength. The symptoms of stone in the bladder are, repeated attacks of pain in the bladder and perineum, always brought on or aggravated by exercise. Frequent micturation, sometimes incontinence of urine, with a feeling that the bladder is not thoroughly emptied by the act of urinating. Urine often thick, with ropy mucous; sometimes contains pus or blood. Act of passing urine often suddenly stopped by the stone being forced against the neck of the bladder; on making any movement, the flow of urine returns. Bearing down pains, prolapsus

of the rectum. Stone may be discovered by the use of the sound. I need not advise the patient that gravel, or stone in the kidneys or bladder, is a very formidable and troublesome complaint, calling for great care in the life, exercise, diet, and pursuits of the sufferer. Each peculiar characteristic of the disease calls for particular treatment and palliatives, and remedies are so numerous as almost to bewilder and confound the patient. The mode of treatment in its various stages, must be adapted to the constitutional stamina and tendencies, care being taken to fortify the system without stimulating it. With the old school physicians, lithotomy, or an operation for taking away the stone, was the only reliance for permanent relief, whilst with the later and better informed physicians, litholysis, or efforts at a solution of the calculus by injections of solvent preparations, are deemed the most appro-

priate and likely to succeed. This latter mode of treatment, aided by proper internal remedies, I am satisfied is the true one, as well as the safest. My experience has been very large in these cases, and in many instances, where it has been decided that "an operation" could only afford relief, I have, with the aid of disintegrating means and solvents, produced results which have more than realized my greatest expectations. So repeatedly have I succeeded in this, that I have no hesitation in assuring all those afflicted with gravel or stone, that I can, if not entirely cure them, at least so far modify and alleviate their disorder, as to deprive it of nearly all its inconveniences and terrors; so much so, that lithotomy is rendered entirely unnecessary.

Vesical Inflammation, or inflammation of the bladder is a very severe disease, and without proper treatment may lead to

fatal results. It may be either acute, or chronic, and may arise idiopathically, or supervene on chronic inflammation, irritation of a calculus, from external injury, or disease of the pelvis, viscera, etc. The mucous lining of the neck of the bladder more often attacked than other parts of it. The symptoms are, shivering pain over the bladder; heat of the urethra; a constant desire to pass urine, which comes away in small quantities; high fever; nausea; constitutional disturbance; mental depression. The bladder can perhaps be felt as a small, round, tender tumor. Severe pain is felt, extending to the perineum, and down the thighs, increased by abdominal pressure. Unless relief is had, almost unbearable pain, constant calls to urinate, the urine is expelled in drops, or there is complete retention of it. The urine becomes fetid and alkaline; contains shreds of fibrous matter, clotted with pus and

blood. Great prostration ensues, cold, clammy sweats, delirium and fatal exhaustion.

A patient attacked with this disease should at once be treated by hip-baths, warm fomentations, linseed or hemlock poultices, with doses of castor oil to keep the bowels open. When indications of exhaustion are apparent, he should be given essence of beef, wine, brandy, cream, raw eggs, etc. The doctor should at once be called, and his attendance insisted upon, until a favorable turn occurs. *Chronic Cystitis* is a much more common, less dangerous and fatal disease than the former. It sometimes follows acute cystitis, but is more frequently due to gout, retention of decomposing urine, irritation of urine charged with saline diuretics, foreign substances in the bladder, etc. The symptoms are usually quite slight; commences with vague feeling of indisposition; increased

sensibility of the walls of the bladder; frequent micturation; scanty urine, with perhaps a small quantity of mucous, or pus; sometimes loaded with viscid, ropy mucous. The treatment will be altogether indicated as in other vesical diseases, by the habits, temperament, and constitutional tendencies of the patient. The bladder should be kept emptied, even if the catheter be resorted to. It should also be frequently washed out thoroughly with warm water, or some astringent; a free use of demulcent drinks; barley-water, infusion of linseed, etc. The system should be well sustained by the use of animal food; milk, or cream, raw eggs, and occasionally alcoholic stimulants.

Vesical Paralysis. Is another form of disease of the bladder, in which its muscular coat may become paralyzed from causes frequently very obscure. The symptoms are, insensibility of feeling, and

retention of its contents when in this condition. When the distension becomes great, the urine dribbles away by the urethra, and becomes loaded with mucous; is alkaline, and of an offensive ammoniacal odor. Sometimes severe pain at the neck of the bladder, producing great constitutional disturbance. Death frequently ensues from sheer exhaustion. When disease of nervous centres exists, symptoms can only be relieved as they arise.

Vesical Spasm, or sudden attacks of severe pain in the bladder; may arise from gravel or tumor, or some disease of the rectum, abscess of the kidney, ulceration, or other organic disease of the bladder, prostrate gland, etc.; highly aciduous urine; excessive indulgence with women, or from the use of irritating diuretics. The symptoms are, severe pain in the lower part of the abdomen, extending to the urethra; involuntary micturation; and

sometimes retention of the urine, with great desire to void it. When this trouble is of long continuance, death has resulted, with symptoms of the suppression of the urine. The patient should be careful to dress warm, be very regular in his diet, avoid all violent exercise and sexual intercourse; early application to medical advice is all important.

Vesical Irritability. Irritability of the bladder may be said to exist when there is an unnaturally frequent desire to pass urine. It may arise from organic disease of the kidneys, bladder, prostrate gland, or urethra; the irritation of hœmorrhoids, or intestinal worms; presence of a tumor or calculus in the bladder; or simply from some functional derangement of the kidneys, bladder, stomach, or nervous system. The symptoms are, a great desire to pass urine; comes on suddenly and frequently; it may have to be passed every

fifteen or thirty minutes. This disease is very difficult to resist or overcome. If attempted, produces great uneasiness and pain. The urine seldom increases in quantity; the bladder diminishes in size, and the general health suffers very much from the annoying irritation. In these cases nothing short of thoroughly skilful and scientific treatment is of any avail. The urine must be examined and tested to see if it be preternaturally acid or alkaline; or if loaded with urates, phosphates, or oxalates; or, whether it contains pus, albumen, sugar, or any other morbid material; to see to what cause the disease is to be attributed, and to trace it to its origin. Until proper medical advice is secured, the patient should avoid all severe exertion and active exercise, keep quiet, make applications of warm, or tepid salt-water baths, avoid stimulants, tea and coffee, substituting cocoa with his meals, etc.

With this enumeration and symptomatology of the most common and prevalent diseases of the male urinary organs, with their appendages and parts generally disposed to be affected by them sympathetically, I submit this part of my Medical Adviser to the candid examination and criticism of the reader. If he has paid but a moderate degree of attention, he cannot have failed to learn that a knowledge of this branch of medical science is only to be obtained by great labor, and study of every department of knowledge, embracing not merely those usually deemed necessary to the accomplished physician and surgeon, but he must possess great powers of observation, analysis and comparison, a clear head, a sharp eye, and a steady hand. Not one physician in a thousand is capable of becoming a good and reliable specialist, whilst the really educated and accomplished specialist must

necessarily be a good physician. His knowledge of the pathology of disease, anatomy, materia medica and surgery, in all their branches, must be thorough and complete, or he becomes a failure in the professional walk which he has selected. The reader will also be able to judge of the degree of confidence and reliability to be attached to those who, for the most part, assume this business, and hold themselves forth as professors and doctors, soliciting the patronage of the public through flaming advertisements and handbills, setting forth their extraordinary abilities, and wonderful cures. These men are, as well known, usually very illiterate, and have set themselves up in this business as a refuge from manual labor, as best affording them opportunities, under the guise of professional services, of preying upon mankind. Fully four-fifths of them have repeatedly run them-

selves out in other pursuits, and not one of ten of them can distinguish one sexual disease from another, whilst their whole stock of remedies consists of but one or two common and well known drugs, which, in solution, or as compounds, are disguised by different colored liquids, which they administer indiscriminately, whatever may be the disease, charging enormous prices for them, whilst the patient, if cured at all, is done so in spite of the dosing, and not in consequence of it.

In the course of my long practice, I have had thousands of patients who, long time the victims of these imposters, have had disease in its most deadly form, locked up in their systems for months and years, after being guaranteed a cure, only to be astounded at its breaking out afresh when they least expected it, on exposure to some trifling exposure or excess in diet, or drink. I make these statements reluc-

tantly, but my experience assures me of their truth, and I yield to the propriety of their exposure, if I would not be deemed accessory to their committal, or as countenancing, by my silence, such flagrant violations of professional obligation and duty. The great business of the physician is to cure and heal, speedily and successfully if he can, thus securing reputation and clientage, which, by its extent and numbers will add to his worldly success, a hundred fold greater profits than though, with but an occasional patient, he seeks to draw from the few by exorbitant fees, and a system of overreaching, the income necessary for his support. As for myself, I prefer to give satisfaction to my patrons, and to enhance a reputation for skill and efficiency in my profession. I have ever felt an honest pride in sending forth my patients cured of their diseases at the earliest possible period of time, satisfied

that, every such case becomes a living advertisement in my favor. Having said thus much in regard to myself personally, I now respectfully invite the readers attention to the following second grand division of my Medical Adviser.

END OF PART FIRST.

PART SECOND.

Addressed to Females exclusively.

INTRODUCTION

TO THE FIRST EDITION.

LADIES : — The several editions of a work written and published by me, some years ago, in the early years of my professional career, upon the diseases of females, having long since been exhausted, and now entirely out of print, I am, in view of the great good which it accomplished, and the numerous calls for it from every part of the country, induced to issue a new and revised edition, or rather, I may say, a new and more perfect work upon the same subject, very much enlarged, and more particular as to detail; and although I have done this amidst the pressure of a most extensive practice, and a correspondence reaching to almost every State and

territory in the Union, through which I am daily prescribing for the medical treatment of hundreds of cases arising from the causes which are alluded to in the following pages, I flatter myself that this treatise, short as it is, will be found of deep and impressive interest to every reader, and to meet a want long felt by those to whom it is more especially addressed. A long and successful practice, extending to over thirty years, during which I have been called upon to treat almost every shade and variety of female disease, enables me to discuss the subject from a practical stand-point and knowledge which but very few have had the like opportunity to acquire. Long satisfied, from my daily intercourse with my patients, and the letters I am constantly receiving, that there is a most lamentable lack of common-sense information in regard to these matters, I have endeavored to make myself understood, and

the whole subject intelligible to the reader, without obscuring it by the use of technical or professional terms, too often made use of by many, and particularly by a certain class of medical adventurers who put forth a book rather as an attractive medium of advertising themselves and their specialty, than to enlighten, instruct, and guide their readers in relation to the preservation of their health, without which all other possessions are valueless.

The day has, I trust, long gone by when it was thought wise and expedient on the part of the professional man, as well as by the refined and accomplished of the female sex, to shut up as a "sealed book" all knowledge of physiology, the mysteries of procreation, maternity, and the laws of life, from our young women, as though they, of all others in the world, were not the most deeply interested. That state of society and moral sentiment which prevailed

in this country less than fifty years ago, and not yet entirely eradicated, which would only permit these wonderfully interesting and really important subjects to be alluded to in suppressed whispers, and symbolical nods, has, thanks to a more liberal and enlarged view of woman's duties and true position, forever passed away; and the female of the present day is not only permitted, but invited to study and comprehend all the functions and uses of her own wondrous and beautiful organization, at least, to a sufficient extent to enable her to guard against the numerous and dangerous mishaps to which she is, through a variety of causes, difficult to be expressed, but readily understood, daily and hourly exposed.

How many patient and exemplary wives and mothers have gone down to premature graves, simply because of their ignorance of the simplest and most palpable laws of

their being? What an untold amount of protracted physical suffering and wretchedness might have been avoided, had they felt free, and unshackled by a false delicacy or mawkish sensitiveness, to disclose the nature of their sufferings to a friendly and confidential medical adviser. How many have dragged out lives of miserable invalidism, who, had they have known that it was not to a weak constitution, but to a faulty training, and a lack of important knowledge that they were indebted for the long train of miseries over which they daily and nightly groaned ?

From the earliest days of adolescence and puberty, up to full-grown womanhood, how many there are who have been constantly riveting upon themselves some fatal disease, such as consumption, or rendering themselves the victims of hypochondria and other nameless forms of disease, by an indulgence in habits contracted

innocently, it may be, at the boarding-school, through simple ignorance, or by the example of domestics and others equally ignorant, and as simple as themselves.

The dangers of maternity, such as they present themselves at the present day, are only the incidents of civilization and fashionable life; but they afford us an array of facts and statistics which, to the lover of his species, are truly alarming.

The proper education of the passions has been too long neglected. It was deemed a subject too delicate for female ears to listen to, and the insane asylums, the charity hospitals, and the grave-yard, tell us but too plainly the result. Nay, worse than this, a race of puny, almost imbecile offspring, the heritors of the sins of their fathers and mothers, are coming on, in their turn, to assist in the deterioration of the human family; so true it is "That the fathers have eaten sour grapes, and

the children's teeth are set on edge." A false modesty, a false and mischievous standard of a miscalled propriety, may hold up its hands in holy horror, as if shocked at the plainness of utterance with which the physician may find it necessary to speak of these things; nevertheless, a self-conviction that the "half has not been told," will eventually exonerate him, and his counsels will be sought for and heeded by the wise and the thoughtful.

The limits of this little book will not permit me to enter very extensively into details. Indeed, it is not necessary that I should do so, but simply to offer a "guide" by which the hitherto misdirected and almost lost, may find a way of rescue and safety; to point out to them that there is indeed a "balm in Gilead and a physician there." Carefully abstaining from expressions calculated to wound or offend the most delicately

sensitive of those I am addressing, I shall endeavor, in the following pages, to give you such an outline of those dangers which threaten you, as well as of those evils which you now suffer, as will enable you to avail yourselves understandingly of those helps, both moral and physical, which I am prepared to offer to all those who may feel inclined to place themselves under my direction.

Nearly half a century devoted to medical science, and chiefly in those departments of it in which the laws and mysteries of life are mostly concerned, with the experience of a daily practice more varied and extensive than is rarely attained but by a very few, and exceeded by none, I may flatter myself that I am able successfully to treat each and every case in which I am consulted, to the entire satisfaction and relief of my patients.

I cannot close this part of my work

without giving a word or two of caution to such as are contemplating medical treatment, or who may feel themselves under the necessity of taking the advice of a physician.

From the universality of the complaints and diseases herein alluded to and enumerated, the study of which I have so long made a specialty, not a few, styling themselves doctors, have attempted to compound so called "specifics," and the newspapers teem with advertisements of nostrums of one kind or another, such as "French Periodical Pills," "Valpeau's Pills," the various preparations of iodine and sarsparilla, as tonics and alteratives; whilst others, pretended graduates of this or that medical institute, but in fact charlatans, in science and medicine, ask you to credit their monstrous assumptions of superiority in the healing art, illustrating the old saying,

"fools rush in where angels fear to tread." When it is considered that there are rarely any two cases alike, and that it requires a careful and skilful diagnosis of each case, based upon well ascertained facts and symptoms, to enable the physician to accomplish that for which he is consulted, patients cannot be too careful in selecting as their medical adviser one whose well-established reputation affords a sure guarantee that neither imposition nor disappointment will arise from the confidence and trust they place in him.

ACKOWLEDGEMENT.

ALTHOUGH in the composition of this division of my book, I have chiefly relied upon my own experience, and in the matters discussed have sought to confirm my own views, or, if wrong, to correct them by a pretty general perusal of all the standard works bearing upon the subject I could procure; yet the demands of a large, and constantly increasing practice, have, for many years past, precluded the possibility of my keeping up, as well as I could wish, with the constantly accumulating literature upon these and kindred topics. I have, however, taken time to re-peruse many old works with which I made myself familiar in my student days, and have read up

much that has recently been published by eminent writers both in this country and in Europe. I do not, of course, refer to the transient and worthless trash so frequently advertised under such specious titles as "Sexual Physiology," or "The Science of Life," which, to say the best of them, are mere compilations, without order or arrangement, evidently strung together by the writers knowing little or nothing about the subject upon which they pretend to treat. I have consulted in their original, such works as DUPARCQUE. Traité théoirque et pratique des maladies organiques et simples de l'uterus. Paris, 1832. MARTIN, Memoires de medicine et de chirurgie pratique sur plusuires maladies et accidents graves qui peuvent compliquer la grossesse, la parturition, et les couches. Lyon, 1835. J. IMBERT, Traité théorique et pratique des maladies des femmes. Paris, 1838. CH. WALLER, Lectures on the func-

tions and diseases of the unimpregnated womb. London, 1849. FABRE, Bibliothéque du Medicine practicien. Paris, 1843, tomes I et II, des maladies des femmes. MERRVILLE, Historie méd et philos. de la femme, etc. Paris, 1845. MATHIEU, Etudés cliniques sur les maladies des femmes, etc. Paris, 1848. ASHWELL, LESFRANC and many others, to whose works I am indebted for many valuable suggestions. To no work have I turned more frequently, nor with greater satisfaction, than to the writings of the great father of medicine himself, HIPPOCRATES, De la nature des la femme; des maladies des femmes; des maladies des femmes steriles; des maladies des jeunes filles, Œuvres complètes trad. par Littreé, tomes VII et VIII. I have also re-read the old work of ALBERTUS MAGNUS, De secretis mulierum; published in the original Latin, at Amsterdam, in 1643, a correct translation of which I have never yet been able

to find. Among the various periodical publications, I should mention SACOMBE, Lucine française ou recueil d'observations relatives aux accouchments, etc., Paris. ANDRIEUX et LUBANSKI, Annales d'obstétrique, des maladies des femmes et des enfantes, Paris, 1842, and I must not omit the very valuable publication by Doctor M. H. Henry, Surgeon to the New York Dispensary, Department of Venerial and Skin Diseases, etc., etc. Indeed, it would be impossible for me to enumerate the vast amount of medical lore which I have pored over in refreshing my memory and reviving facts which have long slumbered, but have never been forgotten, in my mind. Whilst in any case I have carefully avoided being a servile copyist, I have not hesitated to profit by the knowledge I have derived from these sources. In thus doing, I have endeavored, and, I trust, succeeded, in giving to my book

the stamp of authority, which can alone render it a safe and reliable MEDICAL ADVISER AND GUIDE TO HEALTH.

F. M.

PART SECOND.

MORRILL'S MEDICAL ADVISER

AND

GUIDE TO HEALTH.

ADDRESSED TO FEMALES EXCLUSIVELY.

CHAPTER I.

TO SINGLE LADIES.

NATURE, if not interfered with, nor her laws violated, always produces a perfect work. But unhappily for the human race, modern civilization, with all its meliorations, has brought with it also a host of evils, which beset the youthful and inexperienced almost immediately upon their entrance into the world. The infant of these latter days, too often discarded to the keeping of hireling nurses, is made to suck in, almost with its first breath, the elements of disease, perverted appetites, and passions; and if it has escaped hereditary taint, is not nurtured, but tortured up,

into a fragile and passionate being, far from being "a helpmate for man," but, too often, a fair subject for his commiseration, his care, and his deepest sympathy. The victims of this false training, alas, too soon find themselves adrift upon the wide ocean of life, and without the power of self-control, soon become shattered, if not stranded, upon the reefs and quicksands that lie in their course. With no friendly hand to guide them, with no friendly counsels to aid them, they struggle on, year after year, miserable, helpless, and aimless. It is to such, deprived of the kind and fostering care of an intelligent mother, or other female guardian, that I chiefly address myself.

The age of puberty varies according to country and climate. Whilst in eastern and Asiatic countries the girl attains it at a comparatively early period, in the United States, particularly in the northern, east-

ern, and middle sections of it, from fourteen to sixteen years may be regarded as the period when the female can safely to herself or offspring assume the cares and duties of maternity. It is at this time of life, too, that a large portion of diseases, either incidental to the development of the complete woman, or which may have been inherited from weak and sickly progenitors, are in most danger of manifesting themselves. All the disagreeable ailments, which, if improperly treated, may lead to fatal results, or settle down into permanent infirmities,—attendant upon the change in life, require the best skill of the physician to regulate, suppress and cure. *Irregularity*, or a temporary suppression of that natural discharge which nature has provided, is as fatal to health and well-being as would be the cessation to eat your daily food. Should this happen, you would, as is too often the case with young females,

hesitate, and through bashfulness and timidity fail to make a confidante of the physician, and ask an explanation why this is so; or if you do, it may be of some one of no knowledge about the matter, or you listen to the always ready advice of some underling, who will tell you wonders about the efficacy of "iron powders" and "tonics," of blood-root and bitter herbs; and you make decoctions of rusty nails and other stuffs which have been recommended to you, only to meet with cruel disappointment, until you sink in utter despondency. Life itself becomes a weary burden, and the elastic step, the rosy cheek, and the sparkling eye are yours no longer.

Here now is the time when longer delay would be most pernicious, and often fatal. You must consult a skilful physician, who is able at once to guide and direct you, and, without injury, or disturbing the wonderful organism of your body, restore you

to a sound and vigorous health. Under his direction the colorless lip, the pallid cheek, and the leaden eye will vanish as the mists of the morning. Youth and nature will again assert their supremacy, and you will go forth in the spring-tide of life to fulfil a true woman's mission.

But if, as you have advanced in life, you have, as thousands have done before you, found yourself assailed by a complication of troubles, from whatever cause they may arise, undermining your health and destroying your happiness, you must summon the courage to grapple with them at once. Do not be deceived, nor, in the hope of relief, grasp at the promises held out by advertised specifics and nostrums which are to cure you privately, and without hindrance to your usual employments or pleasures.

You know and feel that there is something wrong, and you detect all those

symptoms indicative of failing health. A weakness of the back, pains in the loins, a burning sensation and constriction is experienced where no difficulty had occurred before, and you are in doubt what to do. You resort to the first offered relief, in counter-irritants or mineral poisons, thus endangering, if not your very life itself, at least your health and well-being, and entailing upon you a long catalogue of diseases, which, had you at first called upon and confided to a medical man, would have been nipped in the very bud.

There are other evils than those to which I have alluded, and to which you are liable, through a faulty education, or want of timely warning; habits which, although but triflingly and thoughtlessly indulged in at first, may have wound around you their adamantine chains, until you find yourself powerless in their embrace. Solitude, the absence of virtuous

male society, vitiated tastes engendered by reading romances and tales of luxurious and amorous life; the seductions of the theatre and the dance, with their attendant allurements and excitements, may have led you to a momentary forgetfulness of the dignity of your own person, and you have sinned against nature itself in its most sensitive part; and as a consequence, you are now suffering the penalty which invariably follows a violation of its laws. Lassitude, indigestion, a loss of memory, unrefreshing sleep, restlessness, and an unwonted and undefinable anxiety have fallen upon you. Unnatural desires have been engendered, and you feel a longing for unseemly and indigestible food. You crave and freely eat substances which, in a healthy state, would be repulsive and disgusting to you. Clay, chalk and slate pencils you are familiar with, and, as the habit grows upon you, you descend lower and lower, until

you find relief only in opium and other narcotics, when life soon becomes a burden, and you are brought face to face with the alternatives of suicide or despair. Is this not so? If it is, it is time that you resort to the aid of medical treatment. There must be no tampering with drugs unadvised. It will not do to rely upon advertised specifics, nor old women's charms. The living doctor is your only resource, and him you must consult frankly and honestly.

CHAPTER II.

TO SINGLE LADIES.

(Continued.)

EARLY LESSONS, HABITS, TEMPTATIONS, AND DANGERS.

THERE are ailments to which young ladies of even the most guarded and correct habits are liable, and by which they are not unfrequently sorely afflicted, without either themselves or others being able to refer them to any direct or probable cause, other than "it has so happened." They have been chaste in both thought and act, but notwithstanding this, they are subjected to infirmities and pains, the consequences of which are constant distress,

restlessness, unhappiness and discontent. As the girl approaches the age of puberty and womanhood, her natural instincts impel her to a desire for beauty of form and feature if she does not already possess them, and whatever may have been her culture, or her advantages of education and society, or whatever may be her disposition, she intuitively seeks to render herself pleasing to the opposite sex, and to compete for their smiles and admiration. She knows that beauty attracts, whilst plainness, or deformity repels. She early and rapidly learns to avail herself of all the resources of art within her reach to enhance the attractiveness of her personal charms, or to conceal the defects occasioned by the lack of them. She dreads the ashen lip and the pallid cheek, because she knows that they are indicative of ill health, and not compatible with beauty. Her very anxiety about these matters is of itself an evil and

an error on her part, as it leads to the very mischief she so much fears. There is nothing so conducive to health and beauty as contentment. But this cannot always be attained. The cares, anxieties and labors of life are shared by the young, as well as the old, and upon all alike leave their mark, but upon none so vividly as upon the young girl. The tumults of passion, the depressing influences of grief, anxiety and care, divert the invigorating currents of life, health and beauty, and before she is aware of it, some one of these fountains are disturbed, and she is made the victim of disease; and in no form is it so apt to manifest itself as in the cessation of that "monthly turn" which nature has taught her is so essential to her well-being. This stoppage may arise from other causes. It is almost always coincident with the incipient development of consumption, and very frequently the first alarm is occasion-

ed, not so much from the latent phthisis as from this almost invariable sign of it, and remedies are sought for, and applied for an effect, when the cause is scarcely suspected. I need not say, that in such cases the remedies resorted to are almost always entirely unavailing. When tubercular disease has so far advanced as to interfere with the regular catamenial discharge, there is no system of treatment, that I am aware of, that will regulate or restore it; and therefore, when after repeated trials, the practitioner finds that his usual prescriptions are unavailable, he is safe to conclude that the derangement is owing to other causes than merely functional, or temporary. Let him then turn to his stethoscope, rather than to his medicine-chest. But, if in connection with this stoppage, auscultation and percussion give no indication of unsoundness of the lungs, and there is neither cough, nor hectic fever,

then the ashy lips, and deathly pallor of the face is a sure indication of suppression from causes which indicate at once a tonic and stimulating treatment which cannot too soon be resorted to. The patient herself must heartily coöperate in all the efforts made to restore her wonted health. The time for action on *her* part has arrived, and *her own will and energy* will accomplish for herself what drugs and medicines may assist, but not fully perform. Regular hours, early rising, exercise and cold bathing, especially around the hips, and upon the lower region of the abdomen, is of the first importance; warm clothing especially flannels worn next the skin; friction, particularly of the thighs and lower extremities; the cultivation of cheerful thoughts, and the company of pleasant and agreeable society; and when medicines are required, gentle cathartics, alternated by tonics, will frequently bring round a desirable

state of things. It is neither prudent, or desirable, that very active agencies should be employed between the periods; but they should be *most actively resorted to and employed just before the next coming time,* so as to coöperate with, and be as conformable to nature as possible. Preparations of iron are at this juncture very beneficial. In the absence of any safe and medical adviser, the following will be found eminently servicable :—

R. Tartrate of Iron and Potassia, 2 scruples.
Powdered Columbo, half a drachm.
Mix and divide into four powders. One every three or four hours in syrup.

or,

R. Sub-carbonate of Iron, one-and-a-half ounces.
Powdered Gentian.
" Orange Peel, each half-an-ounce.

Red Wine, one quart.

Mix, and after digesting a couple of days, take half-a-wine-glass-full every day.

Either of the foregoing prescriptions will, in all ordinary cases, be found to produce all the beneficial results which can be expected from any medical preparation. Should they not prove immediately efficacious, there should be no uneasiness, nor undue anxiety. Nature, unless the obstruction be very obstinate and severe, is after all, the most to be relied upon. Nutricious diet, cleanliness, clothing appropriate to the season, seasonable hours, and a cheerful, useful life, will rarely fail to bring about a healthy regularity. Every young lady knows that, in cases where pregnancy may be suspected, that, that condition furnishes a good reason for the cessation of the monthly discharge. I need not enlarge upon this branch of the subject. In dangerous and protracted

cases, and those which do not yield readily to the simple means and remedies which I have named, a timely application to your physician is your surest resource. And here let me caution you ; all physicians are not equally skilled in those diseases and difficulties to which females are most subject. The readiness and clearness of perception which enables some doctors to treat such cases successfully, are acquired only by long practice, and a peculiar aptitude for a particular class of cases. They have made them their study, and from close observation, have acquired a nicety of distinction and perception which enables them at once to see what is the matter; the extent of the evil, and what is the best to do. You should not be deterred from consulting a doctor merely because he advertises, as, amongst that class are often to be found some of the ablest members of the profession. The very fact that

he does advertise, shows him to be a man of independence and self-reliance, and not inclined to be tied down by the arbitrary rules and impositions of a professional clique, who only dare to go forward with the current. And besides, it is very evident that men who devote their whole attention to the investigation and treatment of a particular class of diseases, must, from daily observation, be more expert than those who only have a case occasionally. There is another consideration, not without its force, and which to many is a most important one, and it is this. To whatever cause the illness of a young lady may be attributed, her natural delicacy and sensitiveness leads her to desire secresy and discretion on the part of her medical adviser, especially if her ailment be at all connected with the genital, uterine, or procreative organs; nor does she ever wish voluntarily to consult with

young and inexperienced physicians upon such topics. She prefers to confide her troubles to those of mature age, ripe experience, who are themselves heads of families, and such is undoubtedly the most prudent, and the wisest course she can pursue. She feels that, with such, the sanctity of female character, and female reserve is more esteemed, and never wantonly, or rudely shocked or assailed by coarse insinuations, or trifled with by wanton and needless examinations and inquiries. That physician who has a home of his own, blessed with the presence of a confiding wife and affectionate children, has no temptation to dally or trifle with a patient, whose necessities may require her to make disclosures which may indicate weak points in her character, of which the single and unmarried man might possibly be incited to take advantage. I make these suggestions in good faith, and for good reasons,

because I know that such cautions are necessary, and that it is not always safe, nor proper for a virtuous minded, yet enfeebled girl to trust herself *alone* with some of those who, as we all know, unworthily crowd themselves into a profession, than which, none other on earth, calls for such reserve, prudence, and self-abnegation as that of ours. I have dwelt upon this subject, because my opportunities for observation have been such that *I know* the necessity for the cautions I have given; and were I to remain silent upon it, I should feel that I was but poorly discharging my duty to those whom I now address.

CHAPTER III.

TO SINGLE LADIES.

(Continued.)

ARRIVED at the age of puberty, and in the full possession of health, and the enjoyment of every bodily faculty, with neither debility, disease, nor excessive care to distract your attention, each day leads you on to a riper sense of your destiny and position in the world. The great drama of life and love now begins to spread itself before you, and passions, desires, and longings hitherto but little heeded, and scarcely known, begin to make themselves felt, and which, if not controlled by virtuous principle, early instilled by

parental care and forethought, become sources of severe trial, temptation, and distress. Vicious examples, a thoughtless suggestion from a companion, or the self-promptings of libidinous thoughts and desires, lead to means of temporary gratification so revolting, ruinous and deadly, that I must throw aside every reserve, and address you in relation to them with entire freedom, controlled only by such a careful selection of terms and language as may not necessarily be repugnant nor indelicate. It is a lamentable truth that, at the present day, there is hardly a female outside of the marriage relation, who has arrived at that age when the passions and desires are at their strongest point, that is not more or less addicted to secret habits, which are undermining her health, sapping the very issues of life and reason, and, more than any thing else she can be guilty of, bringing upon herself, her future husband and

offspring, if she should have any, evils, the magnitude of which no pen can describe, and the consequences of which, could they be made to understand and properly estimate them, would fill their very souls with horror. The vile, filthy, and destructive vice of self-abuse, or masturbation, is by no means confined to convicts, sailors, and those whose circumstances and situation in life are supposed to seclude them from all participation in female society. This vice, prevalent as we know it to be among the erring, misguided and infatuated of the coarser sex, is, we are compelled to say, none the less so, among females of a certain age. It hardly requires the practiced eye of the medical man to detect the evidences of this vice all around him; on the street, in the cars, at the hotels, in private houses, in the church and lecture room, anywhere and everywhere, where the sex are to be seen. There also, upon

the face, in the form and gait of almost every one of them may be seen the brand of shame and self-dishonor, and it is well that these infallible signs of this degrading vice should, for the most part, be hidden to all, except to the most skilful observer, who has for years made it his study to investigate the laws and indications by which every violation of human health are made apparent to the critical professional observer. The victim of self-abuse may, by whatever effort she may be mistress of, clothe herself in all the appearances of vigorous health, physical elasticity and subdued passions, which her ingenuity can suggest, and yet, at a glance, a thorough master of his profession, will pierce through all her disguises, and after a moment's inspection any where, at any time, in any company, unerringly point out the victims of this baneful habit. I say *a thorough* master of his profession will do this. But

there is not one in every ten thousand physicians in this country can do it. There are learned professors and lecturers on the diseases peculiar to females who imagine themselves thoroughly learned, who cannot do it. The secret was imparted to me, not only as an especial favor, but in return for no mean pecuniary consideration, by one of the most remarkable and distinguished physicians in this or any country, now over eighty years of age, whose wonderful attainments had been gathered by an extensive intercourse with almost every race of people on the face of the globe.

Many young woman have indulged in this miserable habit, until they have felt some, or all of the symptoms of almost every disease which can be named; a want of activity, shortness of breath, countenance pale, or earthly looking, a bluish appearance around the eyes, cold perspira-

tion, a desire for much food, and often a a craving for unseemly and disgusting objects, or no appetite, headache, dizziness, diarrhœa, etc. Storms and changes of weather produce unpleasant feelings, sharp pains in different parts of the body, and horrid thoughts of insanity or suicide obtrude themselves upon the mind. At school she cannot fix her attention upon her studies, nor learn her lessons as formerly; loss of memory, and a confusion of ideas, and if spoken to, is at a loss for words for proper answer; fits of abstraction are frequent, small specks or objects appear to float before her eyes, she has disagreeable dreams, her extremities are cold and bloodless, and a numbness is felt in different parts of the body. All of the above symptoms do not occur in any one case, nor at the same time, but each individual will readily see what number of them will apply to her own. Under some

of the above symptoms and circumstances, the family physician is perhaps consulted about you, and gives you some powders or drops, and something to strengthen you, and tells you to take care of yourself, but all to no effect. You have not disclosed to him *your secret, nor does he suspect it.* The physician has done for you all that his limited knowledge has enabled him to do, and yet you are no better. What can be done? Simply this: You must apply to those whose experience enables them at once to detect the cause, and have the moral and professional boldness to charge home upon you your weakness and folly.

As I have never failed in my diagnosis in such cases, I have also never failed to obtain from my patient a full and frank confession that my opinion was well founded. And then came the earnest, beseeching prayer for rescue and relief.

CHAPTER IV.

REASONS FOR AN ENLARGEMENT OF THIS WORK. PERSONAL CONSIDERATIONS. SPECIALISM.

THE foregoing, chiefly embodied in my first edition of the LADIES' GUIDE TO HEALTH, and addressed to the general reader, has been before the public somewhat over a year, during which time nearly two hundred thousand copies have been sold and distributed throughout the United States, the Canadas, and to fill many special orders, several hundreds have been sent across the Atlantic to European countries. So general was the demand for it, that it has passed through three large editions, and still the call for it is undimished. I have receiv-

ed from some of the oldest, ablest, and best known physicians in the country frequent testimonials of their approval, and complimentary of the style and manner in which I presented a subject so environed with difficulties, with so few grounds for cavil or complaint. All have concurred in expressions of astonishment that I should, in such brief compass, have been able to convey so much really needed and valuable information upon topics, concerning which there has prevailed such a deplorable lack of knowledge, and I have been repeatedly urged to extend and amplify my work by a more particular treatise, bearing especially upon those topics in which the training, culture, health and physical well-being of females should be more particularly discussed than the limited space devoted to them in the foregoing pages enabled me to do. Although THE ADVISER, in its earlier editions, appears to have performed

its mission most beneficially, yet I cannot well resist the solicitations of my friends, nor decline to gratify them in what, after all, seems to be no unreasonable demand. The first appearance of the book, small as it was, evidently arrested the attention of thousands upon subjects of the most vital importance, when more voluminous and elaborate works would have received no notice by them whatever. The plain, simple, and unaffected style adopted to impress upon the minds of my readers the great importance of the truths I sought to teach, has convinced them that I was presenting them with no second hand, or borrowed matter, gotten up in order to foist myself into public notoriety, but was merely, as I stated in the onset, an honest endeavor to discharge, in part, a duty which I considered every doctor of extensive practice, owed to his profession, namely, to extend to others whatever of knowledge he may

have acquired as useful in mitigating the evils, or alleviating the pains of his fellow-creatures.

Far beyond the great mass of my professional brethren, I have enjoyed rare opportunities, by personal inspection, of acquiring a practical knowledge of the subjects about which I write. Starting out with no one-sided nor cherished theory, to the neglect of facts, or the disregard of self-evident deductions from occular proofs, I state simply that which I know to be true. As in my practice, I not unfrequently find myself in direct conflict with theorists of no little pretensions, so, in this treatise, I may differ from them in my views upon some of the many interesting topics which will come under consideration. My opinions are, however, my own, and based upon no trivial circumstances of either fact, testimony or experience, and if, guided by them, I have

produced more favorable results, and attained to a greater degree of success, than those who have preferred to follow, rather than to lead, in their profession, I am not sure but that I am entitled to as much credit, or gratitude even, as though I had contented myself with being the blind and submissive manipulator of other men's prescriptions. Every specialist knows that the female sex constitute no inconsiderable portion of those who apply to him for relief, and that, in a large majority of these cases, very much of the suffering, physical and mental, real as well as imaginary, might have been avoided, had common prudence been exercised, or intelligent counsel sought, ere their troubles had fallen upon them. Every day of my life adds to my astonishment, that girls, and women grown, both single and married, who seem to possess a rare degree of intelligence upon almost all

other subjects, are as ignorant and unskilled in all those matters concerning their physical structure, growth, functions, and well-being, which it really behooves them to know, as the child unborn.

But the evil does not stop here. If it were true that "where ignorance is bliss 'twere folly to be wise," then we might say that, the instincts of nature may safely be trusted, and, aside from accidents, no harm likely to arise from it; but unhappily this is not the case. At the present day, when the office of physician is usurped by a throng of reckless adventurers, illiterate, untaught, unread, inexperienced and reckless, as the most of them are, who push and crowd themselves into every available opening in our large cities, and by their flaming advertisements and pretentious claims to skill, and grand announcements of wonderful cures, (trumped up for the occasion,) inveigling into

their toils some inexperienced and unsophisticated victim, who imagines herself suffering under some form of debility or disease, the consequence of her own indiscretion, or the natural results of hereditary or organic defects, which deprives her of that enjoyment which she has been taught to consider as the acme of all human delights.

This is not the place to point out to my readers the manifold evils which flow from this great source of mischief; but I shall, before I close this work, devote a chapter especially to the unfolding of this great conspiracy against human life and happiness, and endeavor to show to to them the character and qualifications of those who daily, through the press and otherwise, under the assumed titles of doctors, clairvoyants, mesmerizers, etc., are doing more to corrupt, ruin, and destroy the health and lives of our wives and daughters, than all the errors and mis-

takes of the regular faculty put together. In carrying out this self-imposed task, I am sensible that I incur no small degree of risk from the combined hostility of the horde whom I assail, and the difficulty of convincing the public that behind this seeming zeal in behalf of abused and suffering humanity, there is not concealed some questionable motives, having their origin either in pique, revenge, or hope of gain to myself. Of this my readers must judge. I do not expect to escape the criticisms of my competitors and opponents, nor am I unused to their misrepresentations. I have often witnessed, but not very severely suffered from, the workings of their malevolence and envy.

In carrying out my plan I shall depart very essentially from the ordinary and stereotyped method adopted by professional book makers, especially those whose productions are evidently, for the most

part, "made to order," mapped out according to routine, and filled up like a scrap book, from the pilfering of old magazines, addresses, and encyclopedias. As in my practice and treatment of disease, so shall I endeavor to be guided by nature's grand rationale and common sense; striving, by the use of the simplest terms, and the plainest language I can command, to make myself understood, and whether I have the credit of it or not, strive to be of some benefit to those to whom I address myself.

Instead of a labored attempt at appearing learned, or a vain display of scientific terms and phrases, which, to most young ladies are as so much Greek and nonsense, I shall write, or I would talk to them, in a friendly, social conversazione, at which we were gathered for mutual instruction and improvement in physiological science. leading them by easy and gradual steps fully to comprehend the important lessons which

I wish to impress upon their minds, securing their attention by alternate narratives of facts, scientific analysis, philosophical deductions, with the necessarily resulting comments of explanation, warning and counsel, incident to my subject.

CHAPTER V.

THE YOUNG MAIDEN. CATEMENIAL DISCHARGE. THE AGE OF PUBERTY. HEALTHFUL AND UNHEALTHFUL FLOW. CAUTIONS. AMENORRHŒA.

FOR the present I shall, in the order which I propose to adopt for our investigations, take up as our subject THE YOUNG MAIDEN, just ripening into womanhood, and show to what extent she is liable, at this critical period of her life, to several most distressing, and often very dangerous derangements of the sexual and utero-genital organs, embittering her existence, undermining her health, destroying her comeliness, souring her temper, and perhaps

confining her to a bed of sickness, or, it may be, death.

As previously stated, all females, on arrival at the age of puberty, which varies from the age of fourteen to sixteen in our climate, and dependent also upon occupation and constitution, should have a "monthly turn," as it is called, or vaginal discharge, known as the catemenial discharge, or menstruation, although generally spoken of as "the menses," or "monthly turn," or "courses." Its return is not by calendar, but by lunar months of four weeks, or twenty-eight days each. This physical characteristic of the well formed, fully developed and healthy female, constitute one of the very best indexes we have of her capability to become and endure all the duties and responsibilities of her expected and hoped for future condition of wife and mother. If nothing untoward has happened; if properly brought up and

educated by a wise, sensible and prudent mother, the young lady on the first appearance of this sanguineous discharge experiences no alarm nor surprise. She has expected, this to her, novel advent, and even with proud and pleasurable emotions, regards it as the evidences of her approaching fitness for the destiny which awaits her. To such an one, little, or no counsel of mine is necessary, provided there is a sufficient substratum of virtue to resist the natural impulses arising from exuberant spirits, and the allurements of vice, in whatever shape it may present itself. Nature has fashioned and perfected her; let her do nothing to violate its laws, or impede its functions. But unhappily these specimens of womanhood are, to use a common saying, "like angel's visits, few and far between." The nurture, culture, and education, tastes, habits, employments and amusements of the "girl of the period"

has produced altogether another state of things. Instead of the bouncing, merry-hearted, cherry-cheeked, artless, and really happy girl of former days, and such as is now occasionally to be met with in the country, we behold, alas! espécially in our large cities, swarms of lean, pale, sickly, misshapen, and enfeebled creatures, who, for whatever of form or feature they possess, are indebted to the paddings of the dressmaker, and the artistic skill which they possess in the application of cosmetics and jute. What has produced this change it needs no pen of mine to enumerate. We had better draw a veil over the process of transformation, and leave to conjecture, rather than attempt a description, at which our better nature revolts, and humanity shudders. My duty is as a physician, and not as a moralist and preacher, and I must take the world as I find it. Physicians are rarely consulted to avert

moral evils, but to cure those pertaining to the body, and most generally not then, until the disease has attained a developement too formidable even for his mastery. Independent of congenital disease, (I mean such as are born with a person) all females are subject to various disorders connected with menstruation which calls for the immediate resort to medical aid for their relief, and the prevention of greater evils which do endanger health and usefulness, and may threaten life itself.

We now reluctantly, but necessarily turn to the counterpart of the fresh, rosy, happy miss whom we have contemplated, and find her at the very threshold of womanhood, a victim of pain, anxiety and debility. Instead of the well rounded form, the bewitching limb, the elastic step, the glowing face and sparkling eye, she painfully drags her weary steps to her daily tasks, whilst the tottering limbs, the palpitating heart, the

obstructed breath, the ashy lips, the pallid cheek, and the leaden eye too surely point her out as the wretched victim of uterine or vaginal disorder of some kind. Let us now inquire what the trouble may be. There are three forms of menstrual difficulties, each of which is entirely distinct, marked by distinct characteristics and symptoms, each requiring distinct and peculiar treatment, and each, if neglected, or disregarded, or wrongly treated, inevitably producing the most painful, dangerous and fatal consequences. We will consider them in their order :—

Amenorrhœa. And here is the proper place for me observe to my lady and unprofessional readers, that I shall in this book, in the classification and nomenclature of diseases, use the proper and professionally recognized terms applicable to them as best calculated to convey my meaning, taking care, however, in the outset, to ex-

plain why and wherefore these terms are used in preference to others, which, to the uneducated, may not only appear strange, but are frequently made the subject of complaint. It is not, as some imagine, that Latin and other classical and ancient languages are used by medical writers and physicians in the composition of their books and in their prescriptions, in order to conceal from the general reader their purport and meaning, but it is because the Latin and Greek languages are universal, and understood by the learned of all nations; are more expressive, and in their various combinations may be made in a single word, or term, to express far more to the reader than the paucity of our own or any modern language will admit of. Thus, this very word, Amenorrhœa, derived from the Greek, is composed of the privitive A, the Greek letters Mu, Eta. Nu, or m. e. n., meaning a month, and Rho, Epsilon, Omega,

or REO, to flow, from which is formed the word we adopt, which means, ABSENCE OF THE MENSTRUAL FLOW, and is applied by medical men and writers to all cases in which the "monthly turn" does not properly and regularly make its appearance. There are two varieties of this difficulty.

1. Retention of Menses,—where the catamenia are secreted, but do not escape externally. This may arise from what is termed occlusion, a closing, or shutting up of the vagina (passage to the womb) or from an imperforate (unopened) os uteri, (the external orifice communicating with the vagina). In the latter case an outlet must be made for the menstrual accumulation by very cautiously cutting or puncturing the obstructing membrane. Now here is a very common case, and yet in nineteen times out of twenty, where it occurs, the poor girl is made to suffer untold torments, anxieties and experi-

ments, at the hands of some ignoramus, styling himself a doctor, or some old woman famous for making herb tea, and giving sweats. I have a letter now before me, received within the past twenty-four hours, from a young lady, in which she says, "I have taken pennyroyal tea, and soaked my feet in hot water, until I am tired." Yes, and she might have continued to take her infusion of pennyroyal and her foot-bath to this hour, and no benefit would have resulted from it. Nothing short of the experienced touch of the surgeon can tell what is the difficulty in such a case; and his skilful hand alone can remedy the defect. It is sometimes very difficult for the most expert operator to detect the least spot or dimple marking the site where the os uteri should exist, in which case it becomes necessary to puncture the uterus through the rectum; an operation not entirely free from danger, and which not one

in a hundred "doctors," certainly none of the very learned, distinguished "professors," "lecturers," or "presidents of medical societies" (in the moon) know how or dare to perform, reckless and irresponsible as they are. Happily for them, and the life of the patient, they very seldom know or suspect the real difficulty. If applied to, they will of course at once assert their ability to give relief, and "a bottle of medicine" is forthwith directed to be used, "a teaspoonful three times a day." It may be as inert as water, or it may be as poisonous as lead; in either case it does no good, and the poor victim of deception, after expending, perhaps, her last dollar, is given over to get past her trouble as best she can. The efforts of nature, with increasing years, may bring her relief, but ere that time arrives, life will have become a burden, or consumption, decline, or albuminaria will have done their fatal work.

Parents, guardians, teachers, young ladies yourselves, heed my solemn admonitions, —*your life* is in danger; trust to no doubtful remedy, no palliative nostrum, no inexperienced hand to divert you from a resolute application to tried, trusted and acknowledged skill, where alone you can obtain relief. It has been my good fortune to be repeatedly called upon in these cases, and I have never yet failed readily to detect the obstruction, and to perform a satisfactory and permanent cure. A little nursing and rest, with soothing, anodyne medicines, soon brings up the patient, perfect, happy and well, to go on her way rejoicing.

CHAPTER VI.

WHAT CONSTITUTES HEALTHY MENSTRUATION, SUPPRESSION AND IRREGULARITY,—CAUSES, — PECULIARITIES, — PALLOR, — WAXY APPEARANCE OF THE SKIN,—REMEDIES AND PRESCRIPTIONS,—GOOD ADVICE.

SUPPRESSION OF THE MENSES.—This may occur at any time, from their first exhibition, until what is termed the "change in life," when it ceases altogether. I need not remind the reader that when this change takes place, the ability of the female to conceive exists no longer.

In order to make this part of my subject clear, and to relieve any possible anxieties in regard to what constitutes a normal and healthy menstruation, I deem it proper to

state that it should be a painless, uncoagulated flow, returning at intervals of about four weeks, lasting three, four, five or six days, and requiring the use of not more than three, or at the farthest, four napkins in the twenty-four hours. It may be scanty or profuse, and painful, or not, without regard to quantity. If the flow falls short of three days duration, it may be called scanty. If it continues longer than six or seven days, it may be profuse, but not always so. It may be very abundant, and last but two or three days; and again, it may continue twelve or fifteen days, and be very scanty, requiring not more than one napkin in the twenty-four hours. The explanation of either of these conditions will generally be found in some organic deviation from a normal, or natural state. According to modern views, and the opinions of those supposed to be the most learned upon the subject, the menstrual fluid is not a secre-

tion merely, but an exudation of blood from the lining membrane of the cavity of the uterus, or womb, and acquires its peculiar qualities by admixture with the secretions of the cervix (neck) and vagina (passage way) of the womb, as it passes outwards.

We often see menstruation so scanty, that it lasts but a day, or a day and a half, one napkin having perhaps sufficed for the whole time; under such circumstances, there may be, and probably is, defective ovulation, that is, a defective formation of the ova, or egg, which constitutes the germ of procreation, or the object to be impregnated by the male semen, in the act of coition, in order to produce conception. That menstruation is a sign of ovulation or capacity to conceive is quite certain, the one taking place when the other begins, and ceasing when it stops. With ovulation the uterus becomes suddenly developed in size, and

the fit receptacle of a new being. With the change of life, we find it gradually returning to the diminutive proportions that it had before puberty. Thus much I deem it proper to explain to my readers, so that they may understandingly enter with me upon that branch of our subject now under consideration.

Suppression of the menses is the most common form of amenorrhœa, and occurs when the flow having been once properly established, and having appeared regularly for a longer or shorter time, becomes prematurely arrested. This may occur suddenly, while the discharge is on, in consequence of some mental shock, or excitement, excessive fatigue, the setting-in of some acute disease, the development of phtisis (consumption) or simply from exposure to damp and cold. Again, it may take place gradually; the flow not returning at a proper time, or becoming less and less

for several periods, and then entirely stopping. Whilst there is more constitutional disturbance in the abrupt than in the gradual suppression, the latter is most to be feared, as it is often indicative of more serious causes, which require immediate looking after. Of these, anœmia; poverty, or deficiency of blood, is the most frequent. This condition is shown by the pale, waxy, blanched appearance of the skin, lips, and mucous membranes generally. The pulse becomes feeble and rapid, loss of appetite, a puffing bellows sound from the chest, a crackling sound in the jugular veins, attacks of fainting, palpitation of the heart, gradual loss of flesh, and wasting away, dropsical effusions into the pleura, etc., etc. Here the suppression is, as you perceive, a symptom merely, and we are to direct our attention, not so much to the stoppage, as to find out the cause of it.

I need not say that no condition of ill-health, or functional derangement, more imperatively demands the careful examination of a good physician, than the first admonitions of amenorrhœa, and there is hardly any disease of the young woman less properly attended to. Inexperienced in these difficulties, she does not, at first, realize the danger of her condition. Timidity, bashfulness, and a fear of exposure or something awful, restrains her from making her trouble known, and she imprudently rushes to the first suggested means of relief, in the shape of tonics and stimulants, some of which are of a character as absurd and ridiculous as the sources from which she obtains her knowledge of them, are ignorant, unreliable, and oftentimes superstitious. Decoctions of rusty nails, and roots and herbs, gathered at certain phases of the moon, with now and then some solemn incantation or charm

added, constitute the elixir vitæ which is to restore her to health. Were these foolish practices confined only to the simple and uneducated, I might less pointedly allude to them; but strange as it may appear, hundreds and thousands of young women, whose early advantages and education would lead us to expect better things of them, are as ready to dabble in these senseless experiments, as are the ignorant and less cared for. There are many very simple, safe and effectual remedies which may be resorted to in the absence of medical advice, but only until the trusted physician can be consulted. If the patient be of full habit, inclined to fleshiness and plethora, preparations of Nitric acid, Sennæ, and Taraxacum will be found very useful, in the following proportions:—

R. Acidi Nitrici Diluti, half a fluid drachm.

Spiritus Ætheris Nitrosi, two fluid drachms.
Succi Taraxaci, half a fluid ounce
Tinct. Sennæ, four fluid ounces.
Infusi Gentianæ, compositi ad, eight fluid ounces.

Mix, and take one-sixth part twice or thrice daily; or, in case a laxative is required:—

R. Vini Aloes, two fluid drachms.
Infusi Sennæ, fourteen fluid drachms,
Magnesia Sulphatis, half an ounce.

Mix. Half of this mixture to be taken about seven o'clock in the morning, and the remainder two hours after breakfast, if required; or, if a drastic purgative is needed:—

R. Pilulæ Gambogia Compositæ, five grains.
Pilulæ Hydrargyri, three grains.

Make two pills, to be taken night and

morning, or where the amenorrhœa is dependent upon simple atony, or sluggishness of the uterine organs, a stimulant emenagogue may be taken, composed of:—

R. Extracti Ergotæ, three fluid drachms.
Tinctura Serpentaria, six fluid dra'ms.
Decocti Aloes Composti ad., eight fluid ounces.

Mix. Take one-sixth part early every morning; or, where the menstrual flow is scanty and the liver sluggish:—

R. Podophyli Resinæ, three grains.
Extracti Hyoscyami, twenty-four grs.
Pillulæ Aloes and Myrrhæ, thirty grains.

Mix, and divide into twelve pills. One to be taken at bedtime, for three or four nights in succession; or, where there is only slight delay in the appearance of the menses, without any uncomfortable sensation or pain, they may often be expedited by

R. Boracis, sixty grains.
Tincturæ Ergotæ, four fluid drachms.
Aquæ Cinnamoni, eight fluid ounces.

Mix, and take one-sixth part three times a day. All the above prescriptions are perfectly safe, and are such as would be recommended by the best physicians. They should be carefully copied, and when occasion requires, put up by competent apothecaries. In no case can they do harm, if properly used, and may prove the means of preventing much pain and suffering. If relief is not obtained by the one selected, as an adjunct, hot hip baths, soaking the feet in hot water, warm poultices to the breasts, may be added. Should the patient be of rather a relaxed habit, thin in flesh, weak and feeble, then a more tonic and stimulating treatment may be resorted to. Preparation of steel and aloes, steel and ammonia, quinine and steel, steel and pepsine, spirit of Juniper

and acid tartrate of potassæ, oil of Juniper, iodide of iron, oil of rue, and ergot of rye, valerianate of steel, savin and assafœtida, aided in their operation by foot baths, very nourishing food, brandy, gin, and wines. Some of the following recipes may be selected, and almost any intelligent girl will be able to choose that best adapted to her case. Here I must be allowed to repeat, that, in giving you these prescriptions, it is not in order to enable you to get rid of consulting your physician, or to escape the expense of a shilling, by doctoring yourself. You must have learned, if you have attentively read the preceding pages, that, although I have endeavored to make my instructions so plain and simple, that a child need not mistake them; yet, the complications and difficulties attendant upon, and to be feared from, all these unusual and abnormal conditions of the female generative

and excretive organs are not to be lightly tampered with, nor experimented upon, by the unskilled and inexperienced. Many an old woman's famous panacea, upon the virtues of which she has built no small reputation for wonderful skill, and for being such a "good hand in sickness," has done irreparable injury, and made invalids valetudinarians for life, where a careful examination, and a few simples, prescribed by a scientific doctor, would have averted years of suffering, or, perhaps, an early grave.

Prescriptions for Amenorrhœa, etc.

Steel and Aloes.

R. Ferri Sulphatis Granulatæ, 2 grains.
Pilulæ, Aloes and Myrrh, 3 grains.

Make a pill, to be taken after each meal. Observe, that the above quantities comprise only sufficient for one pill of five grains; calculate how many pills you are

likely to want; thus, if you think you need to take the medicine for two, three, or five days, reckon the number of pills for one day (three) by the number of days you think you may require them; thus, for one day's use, three pills would take six grains of the granulated Sulphate of Iron, and nine grains of the powdered aloes and myrrh; for two days, six pills; three days, nine pills, and so on.

Where there is much debility, constipation, or hypochondriasis, what is called "Griffith's Mixture," with aloes, is found very beneficial. The recipe is as follows:—

R. Misturæ Ferri Compositæ, Decocti Aloes Compositi, aa. four fluid oz.
Zinci Sulphas, twelve grains.
Mix. Take one-sixth part twice a day.

Steel and Ammonia.

R. Ferri Tartarati, 60 grains.

Spiritus Ammoniæ, Aromatici, three fluid drachms.

Infusi Quassiæ, eight fluid ounces.

Mix. Take one-sixth part three times a day.

Quinine and Steel.

R. Quiniæ Sulphatis and Ferri Sulphatis, of each twelve grains.

Liquoris Strychniæ, thirty drops.

Acidi Sulphurici Aromatici, one-and-a-half fluid drachms.

Infusi Qassiæ, eight fluid ounces.

Mix. Take one-sixth part three times a day.

NOTE. The black stools which are passed, while any preparation of steel is being taken, should occasion no alarm. This color is owing to the combination of the metal, with part of the sulphur of the food, forming sulphuret of iron.

Where there is considerable debility, with irritability of the nervous system, take:—

R. Quiniæ Sulphatis and Ferri Sulphatis Exsiccatæ, each twenty grs.
Extracti Hyosciamus, thirty grains.
Make a mass and divide into twelve pills.
Let one be taken twice a day.

Where there is much exhaustion, with a weak and irritable stomach, an excellent tonic is made by

R. Ferri et Quiniæ Citratis, thirty grs.
Tincturæ Chiratæ, one-and-a-half fluid drachms, added to eight fluid ounces of water.
Dose, one-sixth part three times a day.

If the above preparation is too bitter to be agreeable, Tincture of Columbo may be substituted for the Chiretta.

Steel and Pepsine.

R. Ferri Redacti, thirty-six grains.
Pepsinæ Porci, thirty-six grains.
Zinci Phosphatis, eighteen grains.
Glycerine sufficient to make a mass,

divide into twenty-four pills, take two every day at dinner.

Juniper, and Acid Tartrate of Potash.

R. Spiritûs Juniperi, two fluid drachms.
Potassæ Tartratis Acidæ, one ounce.
Decocti Scoparii, twelve fluid ounces.

Mix, and take one-sixth part three times daily. This is a most excellent diuretic and laxative.

A very common, and with some, a favorite remedy in cases of obstruction, suppression, or retention of the menses, arising from slight, or temporary causes, where there is no very sensible disturbance of the general health, is what is known by druggists as "Dewees' Tincture of Guaiacum." It may be taken morning, noon and night, in doses of a teaspoonful, in a little sweetened milk, and sometimes in a little Madeira, Sherry, or Tenneriffe wine. It is sometimes necessary to continue the medicine for some

weeks, on which occasion the dose should be judiciously increased.

Where there is general debility, *The Volatile Tincture of Guaiacum* and Copaiba may be used with great benefit.

R. Tincturæ Guaiaci Ammoniatæ, one fluid ounce.
Copaibæ, half a fluid ounce.
Mix. Dose, a teaspoonful two or three times a day.

The well-known *Tincture of Heira Picra* is a most popular and most efficient remedy in suppressed menstruation. It may always be found at the druggists. The dose is a teaspoonful three times a day, in sugar and water.

The foregoing formulæ comprise all the active remedies I consider necessary to recommend under this particular head. Amenorrhœa, or suppression of the monthly flow, is so often dependent upon so many,

slight and transient causes, that, unless there arise very serious symptoms, no undue alarm should be felt; apprehension and anxiety will only aggravate the evil, and postpone favorable symptoms, likely to result from the natural struggles for relief. As a cause of suppression, or rather cessation of menstruation for the time being, I need not say that, a state of pregnancy affords a complete explanation; and it is well for every lady carefully to remember, if suffering, whether or not she has been exposed to being put in that condition. If she has, then the unguarded use of any of the medicines I have named, or indeed of any others, would be highly injudicious. To such as have the means in money and time, travel, with an occasional tarry at some of the medicinal springs, where the waters are alkaline, saline and tonic, and where agreeable society, and rational amusements may serve to unbend,

as well as cheer the mind, and divert it from dwelling too seriously upon the infirmities of the flesh ; will be found a powerful auxiliary in restoring to a healthy tone and regularity the monthly period, so absolutely essential to the health, beauty and happiness of the sex.

I do not think it necessary to protract my observations upon this subject. For all ordinary cases, the directions I have given, with the remedies suggested, will be found ample and reliable, until such time as proper medical advice and assistance can be obtained.

CHAPTER VII.

MENORRHAGIA, OR PROFUSE AND UNNATURAL MENSTRUATION, — CAUSES SOMETIMES OBSCURE AND DIFFICULT TO BE ASCERTAINED, — SYMPTOMS, — DANGER OF MISTAKES IN DIAGNOSIS, — CAUTIONS, — NATURAL INSTINCTS NOT RELIABLE, — WHY, — SCIENCE THE ONLY TRUE GUIDE, — TREATMENT OF MENORRHAGIA, — RECIPES, — DIET, — MENTAL AGITATIONS, ETC., — USEFUL SUGGESTIONS.

HAVING disposed of the subject of Amenorrhœa, as the first in order, and the most common of those menstrual difficulties to which the sex are liable, I proceed in the next place to consider the

opposite condition, known by the technical name of

Menorrhagia,

signifying profuse, abnormal, or unnatural increase of the catamenial discharge. Each individual may safely be supposed, from a knowledge of her usual condition at her monthly periods, to be able to judge whether she is undergoing, to the detriment of her health, such a profuse discharge as to create alarm, or call for the interposition of medical or surgical remedies; for this difficulty is as likely to require both as one of these aids.

The causes of menorrhagia are very numerous, and some of them so obscure and difficult to ascertain, that it may require the utmost skill of the surgeon to detect them. Tuberculosis, which may set in at any period of life, is most frequently an exciting cause. The liability

to it is greatest between the ages of eight and fifteen, and between eighteen and forty. Its symptoms are dyspepsia, with difficulty of assimilating sugar and fat; acid eructations, heart-burn, flatulence, paleness, and a sense of coldness of the body, swelling of the abdomen, puffiness of the face, with swelling of the lips and nostrils, purulent discharges from the ear, pimply eruptions about the head, enlargement of the tonsils and glands of the neck, disagreeable exhalations from the skin, and especially from the feet and armpits; feebleness, with rapidity of pulse, general debility, gradual loss of weight, etc. Bright's disease of the kidneys, affections of the spleen; in case of maternity, excessive suck by the child, trouble or excitement from any cause, at or about the monthly period, too frequent and excessive sexual intercourse. It may also arise from metritis, or inflammation of the

substance of the unimpregnated womb, a disease which may set in suddenly, but commonly comes on gradually. The symptoms of which are, first, a sense of fulness, weight and heat about the pelvis, (the lower portion of the chest which bounds and supports the abdomen,) throbbing, with tenderness of the pubes, (surrounding the private parts usually covered by hair,) irritability of the bladder, nausea and vomiting, diarrhœa, with a constant desire to go to stool, followed by great straining but no discharge. These symptoms are supplemented, after the first day or two, by acute paroxysms of uterine pain, a mucous, and sometimes bloody, discharge, not catamenial, occurs. In such cases, abscesses are apt to form in the uterine tissues, or dangerous inflammation may set in, involving the pelvic areolar tissue, or fatal grangrene may supervene. Any of these indications may be sufficient to

account for the excessive menstruation to which they may give rise. And who of you, my gentle readers, will be able to point out the immediate cause of the trouble? You may well be appalled at the intricacies and dangers of the field you attempt to explore, when in secret you take counsel only of yourselves; perhaps, resort to some old woman's remedy for relief, or, are resolved to seek, in some blind alley, the medical assistance of an obscure charlatan, who, when once you cross his threshold, regards you as his prey, and you are toted on, and on, so long as you can furnish a single dollar to feed his remorseless cupidity.

In case fatal gangrene does not cut short the trouble with the life of the sufferer, the chances are that, what is termed hypertrophy or excessive growth, thickening or enlargement of the uterus, or hardening of the labia, or abrasions of the

parts, accompanied by leucorrhœa, (the whites) may take place, to the permanent discomfort or injury of the individual.

Now, here I have been describing thus particularly a disease far back of the immediate menstrual trouble, of which it may be the exciting cause, but so hidden behind the apparent difficulty, that neither the patient nor her friends can detect it. Symptoms are doctored and prescribed for, whilst the real cause remains unreached and untouched, to continue its destructive work. How important it is then, that, in all these cases, no blind or hap-hazard treatment be adopted, and none other than the most skilful and experienced be allowed, first to investigate, and then prescribe what should be done. Hundreds of young women annually present themselves to me for advice and treatment, whose constitutions are weakened for life, simply because of maltreatment at

some former period, under the direction of some quack, or a thoughtless resort to some favorite nostrum, recommended by some friend who "has been just so," and who has experienced great benefit from the use of it.

Nature has so ordained it that every creature should possess some instinctive faculty, enabling it to discover, when it is suffering, even if it be painless, from any derangement, or abnormal condition of any of the functions of their various organs, whether of the senses or other faculties; yet nature has not made any provision by which the brute creation are enabled to find out the seat of their disease and supply themselves with the means of self-cure in all cases. Hence, the animal, when overtaken by endemial or epidemical diseases, most generally succomb to them. In the treatment of the diseases of those animals, domesticated and trained for the

use of man, it has been found that human science alone can be depended upon to successfully combat the various forms of disease to which they are at all times liable; and farriery and veterinary surgery has become an art, requiring skill, study, and scientific attainments of no mean degree, in order to enable their professors to attain to success and competence in the business. If, then, horses, cattle, dogs, even singing birds, are found dependant upon science for their relief from the attacks of disease, how much more does woman, — the creature of civilization, habit, fashion, and a thousand other unnatural circumstances and conditions, in every untoward event, implicating her health, need the most prompt assistance of every available resource which science has been able to discover.

In the treatment of menorrhagia, of course, the first thing to be ascertained is

to what cause it is to be attributed. If upon careful examination, no congenital or organic difficulty is found, nor symptoms indicative of disease having its seat in the surrounding viscera, then we fairly attribute it to local and transitory causes, to be treated by direct applications. For this, preparations of astringents will be found the most effectual. Gallic acid, cinnamon, sulphuric acid, — either remedy alone, or in combination, will be found very useful.

℞ Gallic Acid, fifteen to twenty-five grs.
Aromatic Sulphuric Acid, twenty-five to thirty drops.
Tincture of Cinnamon, two fluid drachms.
Pure Water, two fluid ounces.

Mix, and make a draught to be taken every four hours, until the flow ceases; or, a more simple mixture:—

℞ Tincture of Cinnamon, six fluid drachms.

Diluted Nitric Acid, two fluid dra'ms. Mix. Dose, thirty drops in a wine-glassful of water every two hours; or the following, more simple still:—

R. Tincture of Cinnamon two fluid oz.
Cinnamon Water, one fluid ounce.

Make a draught, to be taken thrice daily. This may be mixed as needed; the above constitutes one dose.

A still more active astringent is found in:—

R. Ammonia Sulphate of Iron thirty to sixty grains.
Distilled, or pure Rain Water, eight fluid ounces.

Mix, and take one-sixth part every six or eight hours.

In the above recipe, I have given from the smallest to the largest quantity of the Ammonia Sulphate of Iron, as to the precise quantity, being governed by age, etc.

Preparations of turpentine, Indian hemp, acetate lead, oxide of silver, arsenic, etc., are often found necessary, but should not be resorted to except under the immediate direction of the attending physician; therefore I do not give any formula for them, because I do not wish to trust them in unskilful and inexperienced hands. There are, however, various local remedies almost always accessible, which may be used with much advantage, such as an application of ice over the pubes, introduction of ice into the vaginæ, vaginal injections of tannic acid, plugging the os uteri with sponge, carefully shaped, by cutting it into a tap like form about the size and shape of the two lower joints of the little finger. Cotton wool may be substituted in case of emergency. Cold water injections up the rectum, is often found a powerful accessory towards stopping the effusion. And

with all, quiet, and a recumbent position should be maintained, so far as circumstances will admit. The diet should be simple, except in cases where there is much debility, when, of course a more tonic and stimulating one should be used, such as a bit of roast or broiled beef, beef tea, stale bread with black tea, and other diluent drinks. But observe, that I am now directing the course of treatment in case of simple menorrhagia; not flooding, caused by metritis, nor uterine hemorrhage, which is caused by cancerous affection of the uterus, fibroid tumors, or polypi, inflammatory diseases of the neck of the womb; any and all of which are liable, and may be, by some imprudent act of violent exertion, lacerated and set to bleeding more easily at this time than any other.

Whilst upon this subject, I may as well observe that, a free discharge of blood, unmixed with mucous or other matter, at

any time during the menstrual period, where there is menorrhagia, should always be regarded with interest and care, and the attending physician at once notified of the occurrence. It is not a matter that need create serious alarm, as it is often indicative of nature's successful efforts to overcome obstructions hitherto painful and dangerous; but it needs careful watching, so that it be not diverted to injurious results. The danger chiefly to be apprehended in this and similar manifestations, is from the too officious counsels and interference of associates and confidants, who always stand ready with some favorite styptic, or other remedy, the virtues of which they alone thoroughly understand. Agitation and anxiety, sometimes amounting to absolute fear and dread of imminent danger, is not uncommon with those persons of an exceeding sensitive and nervous temperament; to such, I cannot too fully

impress upon them the absolute importance of quiet, cleanliness, and entire confidence in the positive ability of medical and surgical skill, to carry them safely through the crisis.

In the absence of a medical attendant, with this treatise before them, no intelligent female can fail to find, in the carefully selected prescriptions I have given, some one adapted to her case, and which may safely be adopted for the time, until a satisfactory exploration by the speculum may be had, to make "assurance doubly sure," as to her precise condition.

CHAPTER VIII.

INTRODUCTION TO A DESCRIPTION OF THE FEMALE SEXUAL ORGANS, — OF WHAT THEY CONSIST,—HOW NAMED,—THEIR LOCATION AND USES,—THEIR TECHNICAL AND FAMILIAR NAMES,—INFORMATION AND SUGGESTIONS NECESSARY TO A CORRECT UNDERSTANDING OF THE SUBJECT,—COUNSELS.

I THINK I have said enough upon the usual and ordinary cases arising under the foregoing division of our subject, to leave it to the sound discretion and judgment of my readers, and to proceed now to a consideration of those forms of it, complicated, and rendered really serious by malformations of the parts requiring

not only consummate skill and experience for their detection, but the nicest surgical dexterity for their proper management in securing for the patient even a bearable degree of moderation and relief from the tortures she may be called upon to suffer. I am aware that in performing this part of my task, I may place in the hands of some a means of self-infliction, but I do not so design it. My aim is to benefit, and if my reader is conscious that she has not the courage to be fully informed about herself, she had better close the book, as well as her eyes, to a further contemplation of these interesting and important subjects. As I do not fancy, nor approve of the introduction of plates into a book of this kind, with a view to an illustration of the text, I purpose to make the subject of the form, structure, uses, functions, normal and abnormal conditions of the sexual and generative organs, as plain and simple as un-

technical language will enable me to do; and for that purpose I now ask your attention to a brief anatomical description, which will very much facilitate your understanding of what I deem it necessary to say when endeavoring to explain to you those congenital, vaginal, and uterine malformations and difficulties to which I have alluded, and which are the causes of nineteen-twentieths of all the trouble, inconvenience, pain, suffering and danger to which the sex are liable, and subjected to in performing their part in the great drama of life, and its offices, duties and responsibilities which nature has assigned to them. One of the very first awakening instincts of girlhood is that of her interesting relation to the opposite sex in the propagation of the human species. Long before she can sustain her own weight, or her thoughts find utterance in speech, her fondness for her rag-baby and doll is but

the promptings of nature, which, unconsciously to herself, distinctly indicates the great design of Infinite Wisdom in her creation; and just so surely and unerringly as the newly born babe finds its way to its mother's breast, and untaught, at once knows how to draw its sustenance from that maternal fount, so, with progressing and increasing strength and years, it gradually acquires an insight into the uses and purposes of its wonderful organization.

Under the generic term of *sexual organs*, I shall include all, that participate in the functions of micturation, menstruation, coition, ovulation, conception, pregnancy, and parturition, endeavoring to give to the reader such a plain, yet accurate idea of each of all those parts which go to make up the distinctive sexual characteristic, as that, in reading what is yet to follow, there may be neither confusion or mistake. We will consider the female organs of gen-

eration after the age of puberty, in their several parts, as divided into the external and internal. The internal is contained within the pelvis, or that part of the body forming the lowest part of the trunk. Its lining and boundaries are the same in both sexes. In the female, its contents are the bladder, vagina, uterus with its appendages, and the rectum. In scientific anatomy these several parts are, for the purposes of professional study, usually considered from the interior outward, but for more familiar explanation to you, I shall, as the most simple, commence with the exterior, as the more visible and tangible; thence following the natural openings, until you are made passably familiar with the structure, connections, and uses of the several parts, so far as is necessary for you to understand them, to aid in their protection, and preservation in a perfect state of health. Proceeding in this order, we

first come to the "*Mons veneris.*" This is the crown, or eminence of integument, situated just above the opening upon the front of the ossa pubis; bones, which constitute its framework and support. Its substance is composed of fatty tissue, and its surface covered with hairs. Below this, and running perpendicularly in a line towards the anus, are the *Labia majora*, or larger lips. They enclose an elliptical figure, constituting the common urinary opening, called *The vulva.* The vulva receives in its inferior, or lower opening the urethra, or urinary duct, and the vagina, or conduit to the uterus, or womb; and is bounded anterially by what is termed the *Commissura*,* *superior*,† and posterially by the *Commissura, inferior*‡. Stretching across this upper connection is a small, transverse§ fold, the *Frœnum labiorem*, or

* Joining together. † Upper. ‡ Lower. § Crosswise.

fourchette,* which is ruptured during childbirth, and just within this fold is a small cavity, called the *Fossa navicularis*, from its boat-shaped form. As the term perineum may occur in the course of this description, or elsewhere, when treating upon these matters, I may as well say now, that it consists of that part situated between the lower, or posterior commissure joining and the anus, and is usually not more than an inch across. The outer surface of the labia is covered with hairs; the inner surface is smooth, and lined by mucous membrane. The use of the labia majora is to assist the extension of the vulva during childbirth; for, in the passage of the head of the child, the labia becomes entirely unfolded, and for the time, effaced.

The *Labia minora*,† or nymphæ, are two smaller folds situated within the labia majo-

* Fork, or lower joining of the labia majora. † Smaller lips.

ra. Above, they are divided into two processes which surround the glans clitoridis, the upper fold forming the preputium* clitorides, and the lower one its *frœnulem*, or bridle.

The Nymphœ, consist of mucous membrane, covered by a thin skinny formation, and are provided with a number of glands which secrete and exude an oily, or slimy matter, adapted to the healthy lubrication of the adjoining parts. They also contain, in their interior, a layer of erectile tissue, contributing, during the act of coition, by its corrugated surface, very much to stimulate and intensify the intromitant male organ.

The Clitoris, is a small elongated protuberance, situated in front of the ossa pubis,†

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* The foreskin. † The term os, ossa, or ossæ, is derived from the Latin word, signifying a bone; hence words having os, ossis, osseous, ossify, etc., in their compound, have relation to bone. Os, also means

and supported by a suspensory ligament. It is formed by a small body, having its counterpart in what is termed the corpus cavernosum of the male penis, and like it arises from the branch of the os pubis and the posterior and inferior bone of the pelvis, known in anatomy as the *ischium*, to which the French give the comprehensive name of *os de l'assiette*, or plate bone. The extremity of the Clitoris is called its glans. It is composed of erectile tissue, enclosed in a dense layer of fibrous membrane, and is susceptible of very turgid erection. Like the male penis, also, it is provided with two small muscles, called the *erectores clitorides*.

At about an inch beneath the clitoris, is the *entrance of the vagina*, an elliptical opening, marked by a projecting margin.

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mouth; this however has for its genitive oris, and plural ora, and by its connection cannot be mistaken for the former.

This entrance is closed in the virgin by a membrane of semilunar* form, which is stretched across the opening; this is the *hymen*. Sometimes the membrane forms a complete septum,† and gives rise, as will hereafter be explained, to great inconvenience by preventing the escape of the menstrual effusion. It is then called an *imperforate hymen*. The apparent condition of the hymen is not always a true criterion by which to judge of the virginity of the female, as is commonly supposed; for its very existence is, in some cases, extremely uncertain. When present, it assumes a variety of appearances; it may be a membraneous fringe, with a round opening in the centre, or a semilunar fold, leaving an opening in front, or a transverse‡ septum, leaving an opening in front and behind, or a vertical§ band, with an opening either side.

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* Like a half-moon. † Division. ‡ Crosswise division. § Up and down.

The rupture of the hymen, in its early and youthful existence, gives rise to a fringe-like appearance around the opening of the vagina; hence called *carunculæ myrtiformes*, *i.e.*, like the myrtle leaf.

At the upper angle of the vagina, is an elevation formed by the projection of the upper wall of the canal, and immediately in front of this and surrounded by it, is the opening of the urethra, through which the urine is thrown off from the bladder.

For the present we will rest here in our description, for the purpose of observing that, the parts I have now attempted to describe, are those most liable to be, and are the most frequently infected by the lesser grades of venerial disease, such as are communicated by direct contact, gonorrhœa, urethetis, gleets and many other forms of purulent, irruptive and distressing complaints which, enveloped and concealed in this wonderful receptacle

of many divisions, must needs, as you see, require the most critical skill, and the closest scrutiny on the part of the medical practitioner, to enable them to detect, classify and properly prescribe for them. I may here properly add that, these organs are liable also, at times, to be more or less affected by various disorders, engendered by a diseased condition of the deeper and more remote organs through sympathy, or the corrosive quality of their discharges. In all cases of this kind, where some simple astringent lotion does not prove effectual to allay or remove the irritation or eruption, or whatever it may be, in a few days, medical advice should at once be resorted to. Disease of the kidneys, uterus, and the vagina, are all indicated by an aciduious condition of the urine, producing inflammation of the kind alluded to, and unless the individual can at once account for the unusual appearance and

sensation, and feel satisfied that there is no cause for serious alarm, she should, without delay, seek for better and wiser counsels than her own are likely to be. From what I have said, it will be seen how utterly impossible it is for an inexperienced person, unaided by professional direction, with any degree of safety, to rely upon any superficial appearance or examination, when consequences of such vital importance depend upon an exact and certain diagnosis, only to be had through the instrumentality of the competent surgical examiner, and yet, O! yet, with all this knowledge before you, such of you as may need medical assistance will often allow the most ignorant, base, and unprincipled men to direct and impose upon you in such indescribably important matters!

CHAPTER IX.

REFLECTIONS,—DYSMENORRHŒA,—ITS SIGNIFICATION,—ORGANIC DYSMENORRHŒA,—NERVOUS DYSMENORRHŒA, — SYMPTOMS, — ITS GENERAL PREVALENCE, — PALLIATIVES, — THE REALITY OF THE DISEASE,—INTERESTING LETTER FROM A LADY, — IMPORTANCE OF A CORRECT DIAGNOSIS, ETC., ETC.

HITHERTO, in discussing the subject of Amenorrhœa we have been guided in our remarks on the assumption that there is a perfect and normal formation of all the parts and organs which we have attempted to describe. When this is the case, ordinarily, nature uninterfered with, performs all her functions easily, and to

the promotion of the highest health and physical well-being of the individual. Undisturbed by painful derangements, or obstructions, she has few incentives for prying into the mysteries, or even purposes of her organic structure; content, as she may well be, in the language of the old adage to "let well enough alone." Unhappily, however, all females cannot claim this fortunate exemption from a liability to danger and trouble. Not only are they frequently made to suffer from the vices and follies of those from whom they derived their being, but are made the victims of distress through a faulty development, brought about by inadequate nutrition, improper care, inappropriate pursuits and occupations, the casualties of life, the depressing influences of climate, and a thousand other causes which, more or less impede and obstruct, or wholly divert and destroy the healthy operations of nature.

Next in order of these troubles of the female generative organs is

Dysmenorrhœa.

This term, derived from the Greek words signifying "difficult," "monthly," "flow," and in our language, more directly from the French word Dysménorrhoé, (des-ma-no-ra), simply means difficult menstruation. This anomoly in the uterine economy may be classified under the varieties of organic, nervous, and congestive. That form which has its origin in anatomical and palpable alterations of the uterus, is usually designated by the name of organic dysmenorrhœa, in distinction to that, in which the most careful examination cannot perceive any trace of a structural defect. It is with this latter we shall deal, for the very good reason that, with the former no unskilled, or unprofessional person can safely interfere.

Nervous Dysmenorrhœa.

Women affected with this difficulty usually present more or less numerous signs of great irritation of the entire nervous system, or of some portion of it. They are generally hysterical, and on close observation, it is not difficult to observe in them some one, or all the symptoms of this disease. We must not, however limit this class of sufferers to delicate, thin, and weakly subjects only. Every physician has had opportunity to observe this nervous dysmenorrhœa in very stout, robust and apparent healthy women of good constitution.

The symptoms usually are as follows:—some days previous to the appearance of the menses, the lady is apt to evince a surprisingly bad humor; she becomes downcast and capricious, avoiding company, she seeks solitude, and complains of a general disturbance, which she cannot clearly de-

fine. Afterwards, and in connection with various digestive difficulties, such as eructations, heart-burn, flatulence, constipation, etc., she will complain of headache, often confined to one or other side of the head, to which is frequently added difficulties of eyesight, such as a dread of light, with a very large secretion of tears. Gradually, intervening painful sensations in the lower regions of the abdomen are felt, such as draggings, shooting pains, which are limited to the uterine region, or spreading toward the thighs, the seat, and the loins. Very often they also extend to the breasts, although with less intensity. The urine becomes scanty, straw colored, alkaline, and contains, at a certain period, opaque, cloudy and fibrous matter floating in it. These symptoms gradually increase, until about the appearance of the menstrual flow, when they rapidly moderate, and cease as soon as the courses are well

established. In some cases we find patients who just before were suffering most severely, become perfectly well some hours after the commencement of the menses, and are able to apply themselves to their domestic affairs, though for some days previously this had been completely impossible. This distressing form of menstrual difficulty is of very common occurrence, and prevails, to a much greater extent, than is generally supposed, even by medical practitioners; and hence in their treatment of such cases are exceedingly apt to exasperate or disgust the patient by ridiculing, or pooh-poohing at their complaints. With my long experience and intimate knowledge of female peculiarities, I feel that I should be guilty of a great impropriety, should I ever do this. Very few women complain at such a time, without, (to them at least) a good cause for doing so, and the well read, even if inexperienced

physician should know that all these feelings and impressions narrated by his patient are indicative of uterine disturbances, calling for the exercise of his very best care and skill. Organic affections, in their incipient stage, may be going on, which have escaped the most minute exploration; or, it may be that, this nervous form of dysmenorrhœa is passing, by degrees, into the more dangerous congestive form, or is indicative of acute, or chronic metritis, undue secretions of the uterine and vaginal mucous membrane, inflammations of the ovaries, etc. I know that with the "general run" of doctors the impression prevails that medical treatment for this class of diseases is entirely useless, and that the patient must wait until "the change of life" will free her from her sufferings. My experience has taught me better, and I know that the proper use of those medicines, usually called anti-hysteri-

cal, combined with a suitable action upon the blood by a well ordered regimen, will have the most happy results. My remedies, in all such cases, have always been attended with great success, and I am rewarded, in very many cases, by an inconceivable amount of human suffering and apprehension, relieved by their use. Until adequate medical advice can be had, I would advise topical applications of opiated lavements, frictions of the ointment of chloroform, or of any other narcotic, upon the lower parts of the abdomen, just above the pubes; and pellets of cotton wool, saturated with a composition of wax, lard, and the extract of morphine, or belladonna, may be introduced into the vagina. This treatment may be seconded by the use of warm baths, either entire or partial, and of warm intra-vaginal injections. In some cases of a very obstinate nature, I have found very sensible relief, obtained

by a persistent cold water treatment. All these applications, however, can only be regarded as merely palliative, to be resorted to as the means of temporary relief only. For permanent security against a recurrence of the trouble, perhaps in a more distressing and aggravating form, you must at once apply to your confidential medical adviser.

Among the many patients I have had whose condition excited my liveliest sympathies, was a lady from a neighboring state, who had long been periodically tortured by the menstrual difficulties now under consideration. She had confided her case to the customary family physician, and had been prescribed for by him to no beneficial results. Being a woman of inquiring mind, she had sought information in books, and of whomsoever amongst her female acquaintances she thought likely to instruct her. Confused at the multiplicity

as well as at the contradictory nature of the various suggestions she received, she finally concluded to address herself to me. Her condition, at this time, will be better understood from her own description, in a letter addressed to me, substantially as follows:—

L******, N. H., July 11th, 186*.

Doctor Morrill,

Sir: In great distress I am at length compelled to apply to some one for advice and relief. I have been to the doctors in this town and neighborhood, and have derived so little benefit from them that, I must try some one who can do something for me. You are highly recommended to me as fully understanding these delicate troubles of females, and I will try to explain, or describe my case to you, so that you can tell what is best for me to do. I am about twenty-five years old, and until

within the past six years always lived at home, and with some exception, enjoyed pretty good health. Soon after I came here, and began work in the mill, my health began to decline. My principal difficulty was at my monthly periods. Although never exactly regular, yet I had suffered no especial inconvenience from them. Shortly after I began work in the mill, whether from change in the nature of my occupation, confinement to in-door life, the steadiness of my labor, or lack of proper exercise and air, or other causes, as my usual periods came round, I found the pain, and depression attending them increase, until at length I regarded with dread and horror the "turns" as they approached, each succeeding one becoming more dreadful and painful than the last. I am frequently attacked with a dizziness in the head, and my eyesight almost fails me. I continually feel as though I wished

to go to stool, and there is a constant bearing down, with pains, as though I were about to pass something extraordinary. My appetite is very changeable, and what I often longed for becomes offensive when obtained. I feel as though everybody knew my condition and talked of it, and am jealous of all around me, and when I add that, to all these feelings I suffer the most distressing pains during the time, you can, in some degree, imagine my condition. As I have already stated, this state of things has been going on for about six years. I get no better, but worse. Some months I have to lie by, sometimes six or eight days, until I entirely get over my trouble. They can do nothing for me here, and, as I told you, I am now worse off than ever. Will you, doctor, tell me what to do, and how I can obtain a permanent relief from this trouble. If you can, I will abundantly reward you for your

services. Please answer this without delay.

Very respectfully, yours, &c.

There will be no difficulty, even with the least experienced reader, to detect in this partial and imperfect description, a clear case of nervous dysmenorrhœa. As usual in cases of this kind, I felt it my duty to urge upon my correspondent the necessity of a personal call upon me that, I might, from an inspection of her personal appearance, and apparent characteristics, be better able to judge of her condition and tendencies, and thus more readily and beneficially direct her as to the proper means to be taken for her relief. She shortly afterwards called upon me at my office. Upon examination I found her rather slender in form, narrow across the upper region of the pelvis, or, more plainly speaking, through the hips; extremely

nervous and sensitive to any manipulation of the parts; repelling every effort to such a vaginal examination as would facilitate my endeavors to obtain a satisfactory diagnosis of her case. Limited and superficial as my examination was under such obstacles, I nevertheless satisfied myself that, the difficulty was caused by various alterations in the structure of the uterus, which had been going on for some time; the incipient stages of which had been developed at an early period of her menstrual life, and hitherto escaped observation, either by herself or medical advisers. In medical parlance, her dysmenorrhœa was not idiopathic, but sympathetic, the hidden cause of which could only be ascertained by an exploration of the vagina, uterus, and a thorough examination of all the organs and viscera leading to, or having any connection with the menstrual outlet.

I allude to this case as a type of many I

have frequently met with in my practice; and as a proper one to illustrate the great necessity for extreme caution in coming to a decision. That, instead of attacking the enemy in his citadel and stronghold, and thence routing him, "horse, foot and dragoon," we should be led into the fatal error of doctoring symptoms merely, and thereby protracting, or at best, only palliating a disease which, by proper skill, might be permanently arrested. In regard to this particular case, I have alluded to it chiefly because it combined in itself almost every modification of menstrual difficulties, and presented obstacles to successful treatment very seldom met with. Organic, nervous, and sympathetic derangements and impediments seemed to bristle up on all sides as if to defy every effort of medical and surgical skill or strategy. Yet I did not despair. By a judicious resort to moral, as well as therapeutical agencies,

having reference to both the mind and will of my patient, as also to her physical difficulties, I soon had the satisfaction of having her well under the control of the medical course I found it necessary to adopt, after I had succeeded in inducing her to submit to the somewhat painful, but nice surgical operation required, without which, no amount of medication by drugs, however persistently administered, could have been of the least benefit whatever. She is now a well and hearty woman; sound and regular in every respect, and bids fair to live as long, and enjoy life as well as any of her sex. I have dwelt more at length upon this branch of my subject than I might otherwise have done, were I not sensible that my views in regard to it differ very materially from those entertained by very many physicians and writers of no mean distinction, one of whom, a French author, remarks, in his work on The Dis-

eases of the Sexual Organs of Women, that the cure of this disorder, *i. e.* Nervous dymenorrhœa, is always very doubtful, and if there are cases where the art of the physician may in a little time be triumphant, it is still more frequent to see all his efforts remain powerless. In view of the fact (which can be well attested by hundreds of living witnesses) that my method of treatment of this distressing form of female disease, has been almost invariably successful, resulting in a perfect and permanent cure, as in the case I have named, I unhesitatingly re-assert my assurance to every sufferer that, she need not despair when she finds herself a victim to this complaint, *for it is curable.*

CHAPTER X.

VAGINAL AND UTERINE EXAMINATIONS, — TIMELY HINTS, — WHEN NECESSARY AND HOW TO BE MADE, — RESPONSIBILITIES AND LIABILITIES OF THE OPERATOR, — LADIES GOOD ADVERTISERS, — EXPOSURE OF THE PERSON NOT NECESSARY, — POINTS TO BE NOTED, — EXAMINATION WHEN LIMITED TO THE TOUCH ONLY, — THE SPECULUM, — WHEN REQUIRED, — POSITION, — ASSISTANTS, — OPINION OF A DISTINGUISHED PHYSICIAN, — REMARKS.

IT is highly proper that in this place something should be said in regard to vaginal and uterine examinations often made in the investigation of female complaints, and

rendered absolutely necessary in order to ascertain the nature of the disease, as also to determine upon the proper remedies to apply. Of the necessity for making such examinations, the physician is, of course, regarded as the proper judge, and his wishes to that effect, are held decisive. The frequency, as well as the facility, with which this direction is made and complied with, the abuses attending it, the temptations and opportunities which it affords to cunning and designing men in professional garb to accomplish the vilest of purposes, leads me to speak of this subject more at large than might otherwise appear necessary. These vaginal and uterine examinations, real or attempted, are, I regret to say, very often quite uncalled for, needlessly and wantonly made by unprincipled and lecherous scoundrels, whose proper place would be in a penitentiary, rather than in a medical office. The frequency and coarse famil-

iarity with which women, and especially young girls are sometimes addressed and handled by these satyrs, has done much to deter many a sensitive female from seeking medical assistance at times when absolutely necessary, and induced them to bear and suffer, rather than be subjected to the coarse manipulations and brutality often inflicted by these monsters. It is by no means a rare thing to learn from some of my female visitors that, on consulting such and such a doctor (?) he has taken them upon his knees, and made indecent overtures and approaches which should consign him to eternal infamy, as well as to the State Prison. That this has frequently been done to artless and innocent girls, under the plea of its necessity and propriety in a surgical point of view, in making a correct diagnosis of their case, I am assured, in numerous instances, from the testimony of the victims themselves,

corroborated by circumstantial evidence, too conclusive to be disregarded. And in many cases, the parties are well known, where, from a patient, the poor girl has passed to the condition of mistress, then onward to be the mother of the illegitimate child of her medical attendant. The facility with which all this is accomplished by the immense power which the crafty and unprincipled practitioner knows so well how to establish over his visitor, may be easily understood by any one who will, for a moment, consider the relative position of the parties, and the circumstances which brings *her* into *his* presence at all. I purpose to give in this chapter such a perfect description of how all examinations of a delicate character should be conducted, that, henceforth no one need be deceived or imposed upon, or, if such a thing be attempted, the patient may be able at once to detect and expose the

threatened assault upon her, and to possess herself of a weapon with which she may inflict upon her assailant a just and merited punishment for his villainy. First, let every female remember that, whatever may be her condition or calling, or however doubtful her reputation, *she is always under protection of the law*, and that, however deeply she may have sinned, the presumption is always on virtue's side. I make these remarks (necessary as I know them to be) in order to reassure the unfortunate that, under no possible condition of circumstances need she be afraid to assert her rights to the most respectful and tender treatment at the hands of her medical attendant, whatever may have been her antecedents, and however well he may have been advised as to her previous history. The adulteress, taken in the very act, when inquired of "Where are those thine accusers? hath no man condemned

thee?" On replying, "No man, Lord," was met with the benign response, "Neither do I condemn thee: go and sin no more."

It should be remembered, and always acted upon in professional intercourse with the sex that, if in reality not strictly chaste, they desire to be regarded so in the presence of those of whom they seek counsel; and charity, if nothing else, should lead us to treat them as though they had never erred. There is yet another consideration which may well be remembered by the medical practitioner, and one, too, which should have no slight influence in determining his prospective standing with ladies, to whose good opinion he must ever be indebted for much of whatever success and popularity he may attain in his profession. Ladies are good advertisers of a physician's merits, as well as of his demerits, and, when combined, can make or mar

the fortunes of a young practitioner with wonderful celerity and effect. Bearing this in mind, let us proceed to detail the only proper method of vaginal and uterine examinations, so that there may be no danger or risk of censure or offence, given or received by either physician or patient, and that the trials and discomforts attending them may be rendered as endurable and painless as the circumstances of the case will admit of.

Every thorough uterine investigation is naturally divided into two stages; the first requiring the touch, the second the sight; for the first, the patient should lie upon her back, and for the other, upon her left side. For the touch alone, the patient may lie upon a sofa or a bed; but the former is too low, and the latter too soft and yielding for an examination by the speculum*. A

* Surgical instrument for dilating cavities and facilitating their examination.

common table, two or three feet wide, and four or five feet long, covered with a wadded quilt, or blankets folded, is by far the best couch that can be provided for the purpose, readily improvised, and if not as ostentatiously ornamental, is far more convenient than the costly and clumsy "invalid chair" with which physicians often, more for show than utility, encumber their consultation room.

The table being properly prepared, the patient should be requested to loosen all the fastenings of her dress and corsets, so that there may be nothing to constrict the waist, or compress the abdomen. While this is being done, the physician should bathe his hands in warm water, and wash them well. This should be done not only because it softens and warms the hands, and insures their cleanliness, but it also insures the patient against any dread of contamination by the touch, a thing by no

means to be despised. Everything being thus prepared and ready, the patient should be now requested to sit on the edge of the table, and then to lie down on the back, with the head, but not the shoulders, supported by a pillow, while the feet rest momentarily upon a a chair.

Some practitioners allow the feet to hang down, each on a chair, but this is not the best plan for either physician or patient, nor is it the most delicate. As soon as the patient is laid comfortably back on the table, the surgeon will raise her feet from the chair upon which he is now to sit down, and place them on the edge of the table, with the heels separated some ten or twelve inches, while the knees are a little wider apart. This flexure of the thighs and legs insures the relaxation of the abdominal walls, and may prevent any abnormal feeling to the touch

in making the examination. The natural timidity and nervousness of the patient will very frequently, in spite of our utmost entreaties or efforts to the contrary, impel her to place the soles of her feet together, and let her knees fall widely apart, while some, again, will unconsciously hold the knees closely together, and brace the feet firmly outwards, each position being equally opposed to an easy exploration of the vagina.

The patient once on the back, with the extremities properly placed and fixed, must be assured that there is to be neither pain *nor exposure of person;* neither being necessary, and the latter especially to be avoided, as uncalled for and unprofessional in the highest degree. Everything being ready, let the left forefinger be well lubricated, not with sweet oil, as is too often done, nor with any oleaginous substance, but with warm water and Castile soap.

Pass the finger into the vagina, (the parts being entirely covered by the down-falling nether garment) pass it gently, or we may jar the nervous system, and produce spasmodic action of the abdominal muscles, and thus render the examination uncertain and fruitless. Should the patient become restless or alarmed, it may be proper to delay a moment or so, or perhaps adjourn a very minute examination to some future period, when the trepidation and apprehensions of the patient shall have subsided under the influence of rest and reflection. But, proceeding with the examination, as the finger passes, it should be ascertained if there is anything wrong or abnormal about the mouth of the vagina. Is it contracted, rigid? Is the hymen present or absent? Is it irritable or tender? Then, as to the vagina; does it dip downward, or does it run more in the direction of the axis of the pelvis? Is it of normal tem-

perature? Is it short? Is it deep? Is it narrow? Is it capacious? Does it contain any foreign body? If so, is it something inorganic previously introduced? or, is it something organic, growing on the walls of the vagina, on the orifice of the womb? Is the orifice (technically called the os tincæ) open or closed, large or small? Is the neck of the womb (the cervix) too long, too pointed, too small, too large? Is it indurated (hardened) or ulcerated? Is the body of the organ in its proper condition? Is it ante-verted, (inclined forwards) retro-verted, (thrown backwards) or in any direction? Is it larger or smaller than natural? Is it of the proper form? Is it fixed or moveable? Is there any complication ovarian or fibroid?

All these conditions are readily ascertained by the touch alone. We need no speculum or ocular view to assure us,

after a moment's palpation (feeling) of the parts, as to their actual condition, whether healthful or diseased. We need no speculum or other instrument, to tell us of the size, positions and relations of the uterus and its appendages.

It may sometimes be necessary, in more thorough explorations, to go beyond the mere touch of the vagina, and to make pressure with the right hand upon the abdomen in the hypogastric region, at the same time that the left forefinger is carried into the vagina. The two hands will then act conjointly in ascertaining the conditions and relations of the uterus.

Is it in its proper position? If so, the os uteri will rest on the end of the left forefinger, while the fundus will be distinctly felt by the other hand, in a line drawn from the os, in the direction of the umbilicus (navel).

But let it be remembered that the touch by the vagina is not always enough to determine this point positively; and it is prudent always to make pressure at the same time with the other hand, just above the pubes. It will then be perfectly easy to measure the shape and the size of the body of the womb, for it will be held firmly between the fingers of the two hands, and its outline and irregularities will be ascertained with as much nicety as if it were outside the body. Thus isolated, we may determine its condition as easily as we would that of a pear wrapped up in a common napkin or towel.

If the patient be much emaciated, where there is nothing abnormal, the external fingers and the internal one can be brought very near together behind the cervix, without pain to her or inconvenience to the operator, and if there is anything out of the way this manipulation is

sure to detect it. By this method, versions, flexions, fibroid offshoots, and other irregularities are readily detected, and if at any time there is a doubt about the direction or depth of the uterine cavity, the sound* will at once clear that up.

In all vaginal examinations, it matters not for what purpose, a speculum should never be used until, by the touch first, it has been fully ascertained the precise condition of the uterus and its appendages.

This injunction should never be disregarded, as, if attempted, the patient may justly suspect that she has about her an incompetent operator.

In connection with this subject, I deem it proper to add, that in all examinations of this kind, the presence of an assistant, or third person, is of the utmost importance. It often shields the operator from any liability to unjust aspersions, and pro-

* An instrument used for such examinations.

tects him from accusations, often made by those whose very object is to bring him into difficulty, if not to disgrace him. One of the most talented and distinguished surgeons in this country, whose reputation is world-wide as a most skilful diagnostician and operator in uterine cases, remarks, "I insist that a third person should always be present on such occasions. Delicacy and propriety require it, and public opinion ought to demand it. I do not mean lay, but professional public opinion. I never made a vaginal examination, or used a speculum a dozen times in my life, without the presence of a third person. I have never had a patient to object, who was educated or sensible; but the silliest person would see the necessity of it, when told that propriety demanded it, even if an assistant were not necessary. The few that have objected to the presence of another person in the room at the

time of the speculum examination, have done so from the fear of personal exposure. We are apt to disregard this innate feeling of delicacy when we have been much used to hospital practice; but we can never make a mistake, if we always cultivate the same gentleness and kindness towards the poorest patient that we would use towards the highest princess. I repeat, then, that we should never on our examinations allow any exposure of person, not even in hospital practice. When the touch is made, there can of course be no necessity for it, the patient being upon her back, and covered with a sheet. When the speculum is used, we should see only the neck of the womb, and the canal of the vagina." *(T. Marion Sims, A. B., M. D., etc.)*

The foregoing will give to the reader a pretty correct idea of what an ordinary vaginal and uterine examination consists, and in what manner it should be made;

nor will the process very essentially differ from what I have here described, if made under the direction of any respectable physician. For all ordinary occasions, the recumbent position is the one usually adopted, but there are cases and circumstances, when for more critical examinations with the speculum, a side recumbent position becomes necessary. As also another, requiring the patient to rest her weight upon the forehead, arms and knees, throwing the nates upwards. These positions are never ordered, except in the most difficult cases, and of course should never be submitted to, except under the direction of the most respectable, as well as reliable medical counsel. But whatever may be required of her, the patient should remember that it is of the highest importance that she should never, for a single moment, lose her presence of mind, nor forget her

own dignity of person, and the respect and tenderness of treatment to which she is entitled. She should banish every feeling of timidity and fear, and by a perfect exhibition of womanliness on her part, give assurance to her physician and attendants, whilst they perform a duty, and a service so delicate and necessary, it may be, to her whole future of health, happiness, or life itself.

CHAPTER XI.

CONTINUATION OF ADVICE TO YOUNG LADIES, — INTERESTING DIGRESSION IN RELATION TO MALE ASSOCIATES,—PLACES OF AMUSEMENTS, — THE THEATRE, — DANCE HOUSES, SOCIABLES, AND PUBLIC DANCING HALLS, — WHO ATTEND THEM, — IT IS THE FIRST STEP WHICH COSTS, — WHERE WIVES ARE NOT SOUGHT AFTER, AND WHERE THEY ARE, — WHY,—CONCLUSION TO YOUNG LADIES.

IT will be seen that in the preceding description of the female generative organs, I have confined myself exclusively to those easily accessible to the touch and sight. Those more remote, and not at all likely to be directly affected by those

sexual disorders of which it is more immediately the object of this book to treat upon, I have purposely left out of view, my object being, not the compilation of a work on midwifery and sexual physiology generally, but, as I have repeatedly stated, to convey such information as may be made available in circumstances when immediate medical aid cannot be conveniently obtained. With this, interspersed as the subject seemed to demand, I have thrown in such suggestions, counsels and reflections as the subjects naturally inspired. This I have done, not in any spirit of egotism, or of dictation, but solely in the benevolent design of protecting, guarding and saving, possibly, from ultimate ruin, or incurable disease, a large class, unhappily at an early age thrown upon their own resources, and who, amidst the temptations and seductions of city life, too often fall a prey to the tempter, who, under the protean

forms of the theatre, the dancing hall, the sociable, the assembly, and the ball room, but too successfully assails them. There is no being on earth so confident in her own strength and power of resistance, as the young girl just emerging into womanhood. In her own opinion she possesses a riper judgment, and a keener insight "into matters and things in general," than "all the world beside," and, strong in her own sense of what is just and proper, harmless and innocent as well, she allows herself to be escorted hither and thither to places and scenes of doubtful repute, and still less doubtful propriety, feeling secure if under the escort of some "nice young man," who unhesitatingly assures her that "the place is perfectly respectable," and that *he* will see to it that "everything shall be all right," and no harm befall her. Fond and unreflecting mothers, who by their circumstances and position in life are

shut out from what is termed "genteel society," compass heaven and earth for some opening through which her daughters may become participators in those gatherings of the young of both sexes, where an opportunity may be had to show off her darlings, and perhaps to sell them, literally sell them, to the best advantage; little thinking that the moustachoed, kid-gloved, highly perfumed young fellow, who so gaily whirls her loved one round in the giddy mazes of the waltz, or "Boston Dip," is at best only some journeyman barber, porter, or tape measurer, whose only claim to being present in "respectable society" is the fact that, he was the fortunate possessor of the seventy-five cents or the dollar requisite to purchase his admission card to the "select assembly" at ——— Hall.

It seems to have been forgotten that really meritorious young men, who are

proper associates for virtuous young women, not only never attend such places, or if perchance they ever do, they never dream of forming honorable or permanent alliances with the young ladies whom they meet there. The very fact that they find them there, is conclusive against any supposition of the kind; and however safely the young girl may pass through the ordeal, she comes out of it, even if unsoiled, saved as by fire; but nevertheless, with the smell of flame upon her garments ever afterwards. My deep solicitude in behalf of those to whom these lines are particularly addressed must constitute my apology, if any is needed, for the earnestness and directness with which I have set before them the evils almost sure to follow in the train, it may be, of but a single false step. The records of many physicians' experience, like my own, could reveal many a sad tale of confidence betrayed, hopes

blighted, health destroyed, and life's brightest prospects forever darkened by a too thoughtless disregard of the substantial truth that the true modesty and worth which most surely captivates, is generally found, like virgin gold and precious gems, hidden from the common view, and will be sought after and drawn forth from their concealment to gladden, enrich, and ornament mankind; whilst the baser metals, exposed to view, or "lying round loose" upon the surface, are passed by unheeded, or trodden under foot. With these remarks, and bidding you adieu, in the words and language of Ovid,

"Ut ameris, amibilis esto,"
(Be lovely, that you may be loved,)

I pass to the consideration of womanhood, in her more interesting relation of a wife, the goal of every true woman's hopes and aspirations, a position than which a more dignified, noble, and exalted one cannot possibly exist.

CHAPTER XII.

ESPECIALLY ADAPTED TO MARRIED LADIES — BARRENNESS, ITS SORROWS MAY BE REMOVED — MISMATED — CHILDREN — PREVENTATIVES TO CONCEPTION — THE USE OF, JUSTIFIABLE UNDER CERTAIN CIRCUMSTANCES — MY SYSTEM OF MEDICAL TREATMENT — ADVICE TO APPLICANTS FOR PROFESSIONAL SERVICES.

THE preceding pages, although composed chiefly with a view to their adaptation to the circumstances and wants of young and unmarried females, will be found none the less applicable to the necessities of ladies of riper years suffering

under any of the complaints therein enumerated. The physiological condition of the female is by no means changed by the circumstance of marriage, but there is a change socially and relatively of vast importance, which may, in the course of events, very essentially affect her health and happiness to that degree as to render life either an inestimable blessing, or a bitter curse. No one knows this better than the physician, who, called upon, as he frequently is, to administer to the sufferings of the body, finds that he can only reach them beneficially by first clearing away the mental cobwebs which hang around the understanding of his patient.

In the life of every married lady there arises, of necessity, many a question in regard to herself personally, the solution of which, involving no serious point in morals or duty, can better be decided by the physician than by the confessor, and I feel

that in devoting a few pages, addressed especially to married ladies, I shall perform for them a by no means unacceptable service. The married lady will, no less than the single woman, often find herself the victim of all those peculiar, delicate sexual complaints of which we have already treated, such as suppressions, obstructions and catamenial difficulties, and she may, perchance, also find herself caught within the toils of those more virulent diseases which it is the more especial object of this treatise to explain, and for which to point out the proper remedies. The counsels and suggestions already given are sufficient for such cases, either with the single or married, and therefore I need not enlarge upon them, and what I have to say in drawing my work to a conclusion, will be addressed to married ladies, having reference to topics concerning which they sometimes feel no

small degree of embarrassment and doubt. Hitherto your own individual self, the preservation of health and beauty, has been your chief aim. Now, other and higher cares and duties devolve upon you. With a husband of your own choice, "you twain are made one flesh," and your inclinations and efforts should lead you to fill all the duties of your position with dignity and prudence, having a proper regard not only to your own, but to another's, and possibly to many others' welfare, whose health and happiness are dependent upon the course you shall pursue. "Mens sana in corporé sano,"—a sound mind in a sound body,—should ever be your motto; and taking it for granted that you have arrived at your present condition possessed of a fair endowment of physical stamina, I proceed to indicate the maladies and infirmities to which you are liable, and in what manner they may be best avoided.

Whatever may be your situation, or worldly circumstances, one of the first hopes of married life is that of offspring. Barrenness is always a source of mortification and disappointment; and if the husband be of vigorous health, and in the enjoyment of even but a moderate income, the lack of this great blessing will inevitably bring discontent, too often ending in bitterness and positive dislike. There may be exceptions to this, but they are very rare. Beauty, accomplishments, and amiability will go very far to reconcile for awhile the husband to the sterility of the marriage bed; but ever and anon his discontent will break forth, and you are rendered miserable and unhappy in the prospect before you. But you should not despair. The obstacles to a full realization of your wishes are undoubtedly only temporary, and you only need the friendly suggestions of a competent and skilful medical

adviser to enable you to emerge from this dark cloud which overhangs your domestic happiness. It is a physiological truth that, in ninety-nine cases out of a hundred, sterility, which is not dependent upon defective organization, is but a temporary impediment to conception, and yields as readily to medical treatment, in skilful hands, as the most simple obstruction to the operations of nature; whilst, on the other hand, this difficulty tampered with, maltreated, or submitted to unnecessarily, produces untold evils, and is a constant source of disquietude, languor, debility, painful disease, and eventual prostration of health, leading to the early development of latent disease, and too often to a premature grave. I assure you that all these evils may be avoided by a timely application of the remedies which I can prescribe. They are such as are indicated by nature itself, and which I have never known to

fail. My treatment in all such cases is so mild and efficacious that, in a wonderfully short space of time, all those obstacles which have hitherto operated as a bar to your happiness, are made to disappear, and you are made to rejoice in the full realization of your fondest wishes.

But suppose that all has gone well, and you are, or have every reason to hope that you soon will be, as "are all women who love their lords," do you not need the guiding counsels of a friendly adviser? You are far away from the timely suggestions of a mother's solicitude and love, and you have, or ought to have, too much good sense to listen to the "thousand and one" knowing counsels of those of your own sex, who are always ready to "throw in a word" in such cases. The fact is, there are too many advisers, and too much of it, and in the novelty and strangeness of your condition you know not what to

do. Unnatural longings and appetites, dizziness and faintings, with painful alternations of exhilaration and despondency beset you, endangering not only your own health, but extremely prejudicial, if not fatal, in their influence and effects, upon the precious burden you bear. Here, then, arises the occasion for consultation with a skilful medical adviser. My long and extensive practice in these matters emboldens me to invite your confidence. It will not be misplaced, I assure you, and in all cases where nature requires the mitigating and alleviating aid of the physician's skill, I am sure that I have it in my power to give you relief.

There is another topic to which I must allude, or I should fail in supplying you with even the shadow of a Guide to Health and Long Life.

It is a sad truth, and the world knows it but too certainly, that a large share of

the wretchedness and misery found among married people is attributable to a want of harmony and congeniality between the husband and wife. Hasty and ill-assorted marriages of convenience and interest; marriages, the result of scheming parents and match-making friends; marriages, where the affections have had little or nothing to do in bringing them about; frosty age and blooming youth, spring and winter clasping hands, only to realize the bitter pangs of a broken heart, and buried hopes. And are there no remedies for all this? Has, indeed, the Universal Father left his wayward children helpless and hopeless here? I believe not. The philosophic and discriminating physician ought to have, and does have, the means of warding off, and to a great degree, of entirely removing, the evils resulting from the mistakes such as I have mentioned, so that they shall not be regarded as the errors

of a life-time, but only temporary. I make no pretensions to superhuman skill, and yet I know that I can, by a method exclusively my own, guide all those who are thus unhappily situated, so that obstacles and apparent difficulties to marital enjoyment, and all reasonable conjugal happiness, may be overcome; so that domestic felicity may be attained by those hitherto desolate and unhappy.

There is still another subject about which it may not be deemed inappropriate that something be said here; and I do it because it is a subject upon which I am almost daily consulted, and upon the successful management of which very much of human happiness or misery is involved. Whilst children are a great blessing, and serve more than anything else to bind together those who have them, yet there are cases in the marriage relation where not only health and happiness, but life

itself, renders it not only very proper, but absolutely essential to the preservation of both, that nature should be restrained in this, her most interesting operation. Hundreds and thousands submit unwillingly to the supposed inevitable decree, "In sorrow shalt thou conceive," under the supposition that it is a part of their destiny, which it would be a sin or crime for them to seek to evade. I do not consider it so. If, in bearing children, a lady finds her health sink, or her life endangered, there is, there can be, no violation of either human or divine law in guarding against the threatened danger. There is no injunction against PREVENTION TO CONCEPTION. To say so, would be as idle and absurd as to say that celibacy is criminal. There is not a week in the year in which I do not receive letters from both husbands and wives,—men and women of the highest respectability and standing, in both church

and society,—who, knowing from former experience the dangers and trials of parturition and maternity in their own families, are anxious to avoid them in future. In such cases I do not hesitate to supply them with MY REMEDY, because I fully realize how important it is to them. *I thus save lives;* the life of the unhappy wife, and that, also, of what might be a wretched offspring, the heritor perhaps of constitutional disease, but whose existence is prevented by a timely and innocent application, which, whilst it accomplishes all that is desirable, strengthens and prepares the system for a future period, when the like dangers may not be apprehended, and when nature may be safely left to pursue her work undisturbed. I need not in this brief treatise enumerate, more particularly, the various ailments incident to married life. They are such as every wife and mother has to encoun-

ter, but are all very easily and safely managed and subdued, if attended to in season, by proper remedies, administered by skilful hands. A husband and father myself, I need not be told a husband's anxiety concerning these matters, nor how deeply involved is a husband's peace and prosperity in the health, serenity, and happiness of his wife. From nearly thirty-four years' experience as a physician, and having made the subject of female diseases of all kinds an especial study, I am prepared to treat all cases, from whatever cause they may arise, with an almost unerring certainty of affording immediate and permanent relief.

I have not refrained from alluding to a class of diseases, the immediate results of indiscretion, and the promiscuous intercourse of the sexes. So long as human nature remains what it is, and ever has been, we must expect, and shall ever have, in

their various forms, all those diseases which it seems that an all-wise Providence has, for purposes which to the medical man are plain enough, attached as the penalties of illicit indulgence. It is quite useless, as it is foreign to my purpose, to discuss the why and the wherefore that this is so. It is enough to know that the unlicensed and unrestrained indulgence of the amatory and generative faculties, even under the most guarded circumstances, with every supposed precaution taken, and where both parties believe themselves to be free of any contagious distemper, often leads to disease,—not only mortifying and painful in itself, but which, if neglected or tampered with, is productive only of present inconvenience and distress,—and if not properly cared for and cured in its inception, will, if suffered to run through all its various stages, almost certainly lead to general debility and decline; rapidly

and permanently developing the latent germs of many of those fearful forms of pulmonary disease, which annually consign to an untimely grave so many of the fairest daughters of our land. As I have before stated, a false modesty, a sense of self-abasement and of mortification, a great reluctance to expose, even to a medical adviser, the circumstances in which you find yourself, and the troubles which oppress you, lead you to attempt concealment and a resort to advertised nostrums, under the delusive hope that in them you can find relief, and escape from the unhappy dilemma in which you are placed. Now, when I assure you that however common and prevalent these diseases are, there are few which so promptly demand the physician's skill. Every hour they remain unchecked, their intensity and virulence increase in exact proportion with the

habits and temperament of the individual affected. With the cold, languid, and lymphatic, their progress will be none the less sure and fatal; whilst with the sanguine and impulsive, they are a consuming fire; penetrating every nerve, sinew, and artery,—sapping the very foundations of life, which only lingers on in an aimless, hopeless burden to its possessor. Of all diseases, those denominated "sexual" are the most capricious and troublesome to deal with. No one understands this better than the experienced practitioner, who, through years of close observation, has been enabled to study, in different subjects, the ever varying forms in which they present themselves. Whilst at one time, in one individual, they will try the patience and the best skill of the most profound student of medical knowledge, with others they will yield to the most simple application, which will astonish you

with the rapidity with which it effects a cure. But such cases are very exceptional. The very nature of these diseases is such, and their obstinacy so well known, that no sensible or prudent person will attempt to prescribe for themselves, or neglect an experienced physician, who only can with safety be relied upon for relief. The severest and most complicated cases, among the many thousands which I have been called upon to treat, have been those in which persons sought to cure themselves by a blind and hazardous application of advertised specifics, or of remedies gathered from formulas given in medical books,—of the nature and operation of which they were profoundly ignorant,—producing, in numberless instances, effects as disastrous as they were fearful and unexpected.

There is another very important and interesting fact connected with the so-

called catalogue of "secret diseases," but scarcely known to ordinary practitioners, or if known, seldom regarded in their treatment of them. It is this: that, although from the earliest records of medical science down to the present day, these diseases have been known,—and challenged the best skill and attention of medical men,—yet they have become so modified and changed by the advance of civilization, carrying with it new customs and modes of living, each succeeding generation striving to excel the past, not only in the ordinary luxuries of life but in the refinements and the exquisite intensity of their pleasures, that the diseases of which I am now speaking, although known by the same names by which they were designated,—even less than twenty years ago,—are comparatively unassailable by remedies which were then considered specific. And the person who now relies

upon prescriptions and formulas found in authors of high repute then, does so only to find himself disappointed and defeated in the efforts to perfect a cure. In fact there is, there can be no guide so sure and safe as experience; and the medical man who has been quick to observe and careful to note and compare all the various symptoms of these diseases, through an extensive practice of many years' duration, is alone, of all others, the proper person to be admitted to your confidence, and to prescribe for your cure.

And why should you hesitate to make a prompt application to him? Your case is not an exceptional one. He knows better than you can tell him the painful embarrassments and mortifications under which you labor; and it is a part of his profession, training, and duty, to put you at ease, and facilitate your communications to him by timely suggestions, which at once re-

lieves you of every impediment to a frank and full disclosure of all that is requisite for him to know. My remedies for all this class of diseases are those indicated by nature, and the particular stage of the disease itself; and although prompt and efficacious in their operation, they do not leave behind them those baneful effects ever to be apprehended when the mineral preparations commonly prescribed are relied upon, and especially when self-administered, or what is equally dangerous, when taken from unskilful and inexperienced hands. I will not longer dwell upon this branch of my treatise; I have somewhat reluctantly, but necessarily, introduced it into these pages, as, without doing so I should have failed to give you anything like a complete Guide to Health. The subject is one which unfortunately challenges our attention, and its victims, found in every grade of society, excite

our deepest sympathy; and I should fail in doing justice to my own feelings, and I believe in the expectations of those who may read this treatise, had I written less plainly than I have.

A word or two about remedies and medicines. My medicines are all prepared, chiefly from carefully-selected roots, barks, herbs, etc., many of them procured at great expense, and from distant countries. In no case can they do injury. They leave no corrosive poison to rankle in the system, nor paralyze and distort any part of your organization; on the contrary, when having accomplished their work, they purify, strengthen, and invigorate; thus promoting, in strict harmony with nature's laws, the operation of every function of your body, rendering your life a blessing, not only to yourself, but to all others with whom you may be associated.

My desire is always that I may be con-

sulted personally, if possible. The means of ready conveyance by the railroads are now so numerous, and the cost of travel so cheap, that a distance of one, two, or three hundred miles, is but a pleasure trip in comparison to the slow coaches and wagons of former days. A visit to Boston from almost any point within five hundred miles can now be accomplished in a day or two at a very trifling expense; and an hour spent with the Doctor at his rooms will accomplish more for your good than a score of letters, however carefully and elaborately written. The eye, the cheek, the lips, and tongue, afford better and more reliable indications of the real state of the patient than any written statement can possibly do. Visit me, then, if possible, so that I may, from personal examination, better determine upon the exact nature of your case, and the remedies the best adapted to your cure. But if there are any insuperable

difficulties and objections to your personal application, write, giving me as clear and concise a statement as possible, and your communication shall receive a prompt and satisfactory reply.

Desirous of rendering this work as complete as possible, consistent with the limits of the volume itself, I have compiled from the best authorities within my reach, and fortified by my own experience, an alphabetical list of diseases intimately connected with or resulting from those sexual, vaginal, and uterine affections properly regarded as within the legitimate province of the specialist to deal with.

The symptoms of almost every disease of this class to which the female sex are liable, are here briefly described, and I confidently trust that my readers will find both the matter and manner of the classification adopted in the following chapter interesting and beneficial.

CHAPTER XIII.

SYMPTOMATOLOGY, ETC.

OF PRIVATE, SEXUAL, VAGINAL, UTERINE, AND OTHER DISEASES PECULIAR TO FEMALES, ALPHABETICALLY ARRANGED, WITH USEFUL HINTS AND SUGGESTIONS AS TO THEIR PROPER TREATMENT, ETC.

AGALACTIA, a diminution, or complete absence of milk in nursing women. May be caused by general weakness of constitution; long continued mental anxiety; exhausting disease; general plethora; acute, or chronic disease of the breast, or nipples; torpor of the mammæ (teats); return of menstruation while giving suck; approach of change of life.

In case of nursing, unless cured, the infant must be weaned to prevent its suffering from insufficient nourishment.

This trouble is not common amongst healthy mothers, but with the weak and delicate it is very frequent. When it arises from anæmia, which is frequently the case, the health ought to be improved by animal food; by a fair allowance of ale or porter; and by taking milk, or cocoa made with milk, instead of tea and coffee. A raw egg, beaten up in a tumbler full of milk, once or twice daily, will do good.

Sore Nipples are often indirectly the cause of defective lactation. Slight excoriations, as well as chaps and fissures, need prompt attention, to prevent their becoming very troublesome. If the usual astringent lotions, such as a dilute solution of subacetate of lead, or of borax and glycerine, do not readily heal the sore, your physician should be consulted; especially

if the fissures are deep. Never attempt cauterization, nor the use of nitrate of silver, in any form, without first consulting him. In the meantime, the mouth of the child should be frequently examined, so that, if there be ulcers, they may be cured.

Remedies used to arrest the secretion of milk, such as the extract of belladonna, iodide of potassium, colchicum, camphor, tobacco, used in the form of an ointment, or otherwise, or even the popular remedy of sage tea, should never be used without first consulting your physician.

ANŒE. See Chlorosis.

ASCITES, or Dropsy of the Peritoneum, consists of a tense, swollen condition of the abdomen, owing to the presence of a watery fluid in the cavity of the serous lining; and is often mistaken for pregnancy, hence to very many ladies a matter of very serious importance, aside from the dangerous nature of the disease itself.

It may arise from chronic peritonitis; chirrhosis, cancer, renal disease and albuminaria; disease of the heart, enlargement of the spleen, etc., cirrhosis of the liver, and renal disease, most frequent causes of this complaint. Symptoms are, characteristic appearance of the patient, upper part of the body wasted, features pinched, countenance very anxious; *abdomen greatly enlarged*, and the skin tight and shiny, with the superficial veins much dilated, urine scanty, often loaded with urates; in ascites from cirrhosis it generally contains bile; in that from renal disease we will find albumen. Increasing deterioration of general health. Weakness and emaciation, loss of appetite, sleeplessness, inability to lie down, exhaustion, ending fatally when the dropsy is due to organic disease. As a rule, in ascites, as in all renal diseases, preparations of mercury are injurious, and even diuretics must be

employed very cautiously. Baths, such as warm, vapor, Turkish and hot-air, are especially useful, given under the direction of the physician.

BED CASE, *or Bed-ridden.* A not unfrequent form of hysteria. Subjects of it live in bed; they are generally tranquil, cheerful, have good digestions, and like the kind attentions of sympathizing friends. Often impressed with the belief that there is serious disease in the spine, or in the womb; there are certain movements which they think cannot be made without "horrible" pain. Menstruation is frequently attended with suffering; leucorrhœa not uncommon. May sometimes be traced to uterine misplacements, such as retroflection. The treatment of this malady requires great skill, tact and judgment on the part of the medical attendant, and is perfectly curable if rightly managed. I have had several very interesting cases

under my care, which, by great patience, persistent attention, and a nice adaptation of expedients to promote confidence on the part of the patient, I have been successful in curing in a very short time. Galvanism is found very useful in such cases, and when by its aid we can create energy sufficient to secure a removal from the bed to a sofa, from sofa to chair, from chair to crutches, and so on, until the patient can walk out in the open air, the cure will be quite rapid.

Blennorrhagia, a name derived from the two Greek words meaning mucus, or slime; and, to burst forth. It is a discharge from the mucous membrane of the vagina, or urethra, usually contracted in sexual intercourse, and very similar to though less virulent than Gonorrhœa. Treatment the same.

Chlorosis, or *Green Sickness.* A peculiar form of anæmia (deficiency of blood)

affecting young women about the age of puberty. The red blood corpuscles are pale, small, and diminished in number. The serum is in excess. The symptoms are, a wax-like hue of countenance; pallor of skin, whence the popular name of "green sickness;" deficient or depraved appetite; constipation; abundant limpid urine; weak, quick pulse; hysteria; pale, scanty menstrual discharge; leucorrhœa; listlessness; headache; palpitations; backache, etc. The treatment should be, good living, pure air, sea-bathing, with proper tonic remedies, to be prescribed by the physician, in accordance with the peculiar constitutional and idiopathic tendencies of the patient.

CHOREA, or *St. Vitus' Dance.* A disease characterised by irregular, tremulous, and often ludicrous actions of the voluntary muscles, especially those of the face and limbs; there being incomplete subser-

viency of those muscles, especially of the face and limbs, to the will. Has been called "insanity of the muscles." Mostly attacks girls between six and fifteen years' of age, though not uncommon in boys.

The symptoms of this disease are, at commencement slight twitching spasms of the facial muscles. By degrees almost all the voluntary muscles become infected; child cannot keep quiet, though the movements are, to some extent, under the control of the will; constant restlessness of the hands and arms, perhaps of the legs, most marked when the patient sees that she is watched. Features curiously twisted and contorted; vacancy of countenance; temper irritable; irregular appetite, perhaps constipation; one-half of the body usually more affected than the other; the disease may be confined entirely to one side; then termed hemichorea.

Rheumatic fever may precede, accompany, or follow chorea. It sometimes, though very rarely, terminates in epilepsy.

In the treatment of this distressing complaint, nourishing food and general care are of the utmost importance, whilst regulation of the bowels and uterine functions, if the patient has reached the age of puberty, must be carefully attended to. The physician, who will of course be promptly consulted, will impose restrictions upon everything likely to produce mental excitement, and by suitable tonics, aided by sea-bathing, gymnastic exercises, and exercise in the pure air, make every effort to restore tone and strength to the system.

Clitorites. Inflammation of the clitoris. The clitoris is occasionally attacked with subacute inflammation; leading to excessive enlargement, or to a shrinking up, or falling away of the bladder. It may also

be excessively developed from some congenital malformation. It is sometimes the seat of cancerous infiltration. The entire organ may be diseased, or only its prepuce. The clitoris occasionally becomes indurated, with or without enlargement. This is said to be due to self-abuse. It is often deemed necessary to amputate it in order to cure this practice, but the operation I consider of very doubtful utility, and would not advise it.

Chylous Urine. The excretion of urine of a milky appearance, from the presence of fatty matter in a molecular state. The urine, after standing a short time, and sometimes whilst in the bladder, coagulates into a trembling mass, resembling blancmange. The usual symptoms are: lassitude, pains about the loins and epigastrium, (that part of the abdomen immediately over the stomach). The attacks frequently intermit; the urine will be healthy for

months, and then chylous for months. This is a very weakening disease, and calls for very careful tonic treatment. Aside from proper medicinal agencies, only to be prescribed by the physician, the patient should have change of air, salt water baths, and nourishing diet.

Coccyodynia. Pain or tenderness about the coccyx, (so called from its resemblance to the beak of the cuckoo) which is the small triangular bone appended to the point of the sacrum, or bone forming the posterior wall of the pelvis. Pain is often occasioned by a fall or blow, childbirth, violent horse exercise, etc. Inflammation may be set up in the fibrous tissues around, and muscular attachments to the coccyx. The symptoms are: pain on sitting down or rising up from a chair, on walking, at stools, etc. The sufferer sometimes can only sit on one hip; any movement which stretches the coccygeal ligaments, or

brings the neighboring articulations into play, causes suffering; sometimes this is most severe, often aggravated by sexual intercourse, or by the menstrual flow. It is occasionally an accompaniment of uterine or ovarian disease, when it is sympathilic, or neuralgic. In its treatment, the reader will at once see, from the nature and gravity of the complaint, that no half-way measures can be relied upon. The first step necessary will be the removal of any uterine or ovarian disease, and an improvement of the general health by tonics; subcutaneous injections of morphine are recommended by some physicians, but I do not approve of them in any case. They are dangerous always, and sometimes fatal. Surgical operations may be necessary, such as subcutaneous division of the muscles and ligaments connected with the coccyx, so as to set the bone at rest. Sometimes a complete removal

of the whole organ, or a portion of it, is necessary.

Constipation. This term is frequently made use of in the preceding pages, and its meaning is probably quite generally understood; but as I do not wish anything left in doubt, I will very briefly define it as an idiopathic disease, i. e., arising spontaneously, and not from another; or it may arise during the progress of any acute, or chronic disease. By *habitual* costiveness is meant, a prolonged departure from the standard natural to the individual. As a rule, most people have a daily evacuation; but some only go to stool every second or third day. The symptoms of constipation are: the functions of the stomach, liver and pancreas imperfectly performed; a sense of mental and bodily depression; sallow and pasty complexion. Dry skin; scanty urine; no stools, or only scanty motions, pale, clay-like, and very

offensive. In obstinate cases, a loss of all power for exertion; headache, palpitation, neuralgia, hypochondriasis. The treatment for this disorder must be governed almost entirely by the peculiar circumstances and constitutional tendencies and idyosincrasies of the patient, the mode of life, occupation, etc., etc., and whether the difficulty is only occasional and temporary, or habitual and constant. Purgatives of almost every kind known to the pharmacopæa, in different forms, are administered as cathartics and enemas, as often aggravating as alleviating the complaint. A careful attention to and regulation of the diet, is a much surer and safer method of overcoming it. For this purpose I recommend good, wholesome, and digestible food. Ripe fruits in the morning. Figs, or prunes, eaten just before the regular meal. Oatmeal porridge, brown bread, especially the unbolted wheat meal, or Graham bread.

daily exercise, avoidance of too much sleep; sponge, or shower-baths; friction over the bowels; and more than all, the bowels to be solicited to act at a regular hour daily. This I have often found effectual, when other remedies, much relied upon, have failed. Much common sense, a great deal of patience and care, and very, very little dosing and drugging will be found the best in managing this painful and annoying difficulty.

The patient should early consult a reliable and intelligent physician, and implicitly follow his directions. My practice in this, as in all other similar cases, is to follow the indications of nature as closely as possible, and with the occasional but *timely* administration of remedies which my experience has shown me are most efficacious in "breaking down" constipation, very rarely fail in accomplishing it.

Ecstacy, *or Trance.* A condition anal-

agous to the cataleptic. The patient becomes insensible to all external impressions; and is absorbed in contemplation of some imaginary object. The eyes are immovably fixed; impassioned sentences, fervent prayers, psalms and hymns are recited with great expression. Religious fanatics, by encouraging some predominent idea, fall into a state of trance, etc., claiming to receive spiritual revelations. Faith, enthusiasm, etc., become very much exalted. See HYSTERIA.

FALLOPIAN TUBE DROPSY. In my description of the generative organs of the female, I purposely omitted allusion to the Fallopian tubes, and the important part they have to perform in the act of conception, my object being, as already stated, only to describe such organs as might be affected by direct contagion, or subject to the touch or sight in vaginal and uterine examinations, as anything beyond those

would necessarily require the presence of a physician, and should, under no circumstances, be meddled with by an inexperienced person.

The *Fallopian Tubes* are two small canals, enclosed in the peritonæum, extending from the pendus, or upper part of the womb, to the ovaries. They vary from four and a quarter to five inches in length, and serve the double purpose of a conduit, or passage-way for transmitting the fecundating principle of the male, and for carrying the germ furnished by the female from the ovary to the uterus. *Fallopian Tube Dropsy* is an uncommon affection. When it occurs, the fringed extremity of the tube, together with the uterine orifice, get completely obliterated, in consequence of chronic inflammation, the portion of the tube between the openings becoming the seat of an accumulation of pus, or serous fluid. As many as

twenty-three pints of fluid have been found under these circumstances. Of course a disease of such gravity requires the very best medical and surgical treatment, as it admits of but one method of relief, viz: puncturing the sack with a small trocar, and canular through the roof of the vagina.

GALACTORRHŒA. *Superabundant Secretion of Milk* in nursing women, in consequence of which, this fluid continually oozes away; several pints may thus escape in the course of twenty-four hours, keeping the patient's clothing wet, and weakening her system, inducing hysteria, dyspepsia, low spirits, and even consumption, or dropsy. The treatment should be, first to wean the infant, thus relieving the mother of that care; compression of the breasts by strapping with belladonna plaster; nourishing food; close examination as to the condition of the uterus and ova-

ries, and the removal of any disease therein.

Hysteria. A term derived from a Greek word signifying the womb, because the disorder known by this name is generally supposed to have its origin in that organ. It is a nervous affection which occurs in paroxysms, or stimulates other diseases. The attacks are accompanied with abundant secretions of urine; and frequently with a sense of a ball rising in the throat; occasionally convulsions. Women from the age of puberty to the decline of menstruation are most liable to it. The symptoms, especially those characterising the *hysteric paroxysm* or *fit*, are: convulsive movement of the trunk or limbs; beating the breasts with clenched hands, or tearing the hair or clothes; shrieks and screams; violent agitation, or feeling of suffocation; the attack ending with convulsive outbreaks of crying or laughter, and some-

times with hiccough. Occasionally the patient falls to the ground insensible and exhausted, soon recovering, tired and crying. Perhaps urine is involuntarily discharged during the excitement: Anæsthesia, or loss of sensibility is not uncommon; sometimes lasting for months, affecting the left side more than the right; and being so deep that pins and needles may be thrust into the affected muscles without causing pain. The appetite for food becomes increased or diminished, or depraved, so that the most extraordinary substances are eaten.

Hysteria simulates almost all diseases. The favorites are: suppression of urine; stone in the bladder; pleurisy; consumption; loss of voice; paralysis; epilepsy; and affections of the spine or joints. Hysterical cough, hiccough, or vomiting may prove very obstinate. There forms a peculiar expression of countenance; fulness

of the upper lip; drooping of the upper eyelids; menstruation often irregular; more or less profuse leucorrhœa, or whites. These sufferings are by no means feigned, and the patient very generally really believes that she is most grievously affected. 'Tis true that in many instances there may be some degree of deception resorted to, in order to increase the sympathy of friends, yet after all there is actual disease. The mode of treatment should be adapted to the peculiar temperament and idyosincrasies of the patient. During the paroxysms the dress should be loosened; care taken to prevent self-injury; the body surrounded with cool air; application of ammonia to the nostrils. If it can be swallowed, a draught containing a drachm of ammoniated tincture of valerian. If apparent insensibility continues, cold water may be freely dashed over the head and face. In general, tonic medicines; mental

occupation; sea-bathing; shower-baths; attention to the uterine functions; checking catamenia, if too abundant, and promoting them if too scanty, will, under the immediate direction of the physician, be found the best course to pursue. I can recall numerous cases, in my own practice, where the resources of art have been taxed to their uttermost in combating this distressing malady, yet I have generally been very successful in overcoming it, and restoring my patient to health, and the useful and happy enjoyment of life.

Patients are very apt to resort to certain well-known specifics and patent medicines to help them in this disease; but they are unsafe and unreliable. The trusted and well-tried physician can only be depended upon. Moral and hygienic remedies, rather than therapeutical agencies, are the most to be relied upon for a radical

IMPOTENCE in woman may be due to firm adhesions of the labia pudendi; excessively developed and persistent hymen; absence, malformation, or an impervious condition of the vagina; obliteration of this canal through inflammation; tumors of the vagina, or uterine tumors, which have passed into the vaginal canal; closure of the uterine cavity by tumors, cancer, etc.; malposition of the uterus; acute retroflexion or anteflexion; inflammatory affections of the uterus; a closing up of the Fallopian tubes; disease of their fringed extremities; vaginal fistulæ, or complete rupture of the perineum, allowing improper escape of the seminal fluid, etc.

STERILITY in woman is a different affair altogether from impotency. The former precludes the idea of coition, or the act of copulation, whilst the latter admits coition and most generally enjoys it, even to dan-

gerous excess. Amongst other causes, sterility frequently arises from amenorrhœa; exhaustion, or excessively general weakness; too frequent, or imperfect sexual excitement, or a restraint of the organism, i. e., the passionate impulse, or pleasurable sensation experienced during the indulgence of the sexual act. Absence, arrest of development, or disease of the ovaries; leucorrhœa, especially when the discharge is abundant and acrid; by causing the destruction of the spermatozoa before they reach an ovule.

For the treatment of sterility no specific directions can be given, except by the consulting physician, with his patient before him. There are very few cases which may not be cured. Among the thousands whom I have treated for this difficulty, I have found only those in which idiopathic obstructions existed, that I could not successfully relieve. There are no specifics

for it, and what would remove every obstacle in one case, might prove useless in others. Great attention to promote the general health, removal of functional derangements, regularity, exercise, freedom from care and anxiety, moderation in sexual indulgence, and then only at proper periods, just after the cessation of the monthly flow, with a few medicines which the skilful physician ought to know how to prepare and administer, with words of encouragement and hope, will generally accomplish all that is desirable.

You had better state your case to some well known physician, who has an established reputation as a specialist in such cases, with your hopes and wishes, and he will direct you what to do.

Mammary Abscess. *Milk Abscess*, or *Abscess of the Breast.* May be acute or chronic; the former a result of active inflammation. It forms either in the sub-

stance of the gland, or between the gland and skin, or between the gland and chest walls. In *acute* cases, the symptoms are, frequent occurrence of rigors during the progress of inflammation. Engorgement of the breast; deep-seated or diffused burning pains; throbbing, and sense of heavy weight; formation of a painful point or knot in the breast, etc. The *chronic* form of this complaint is of a more serious character. The lump, or knot in the breast, is apt to be mistaken for a malignant tumor. Matter forms very slowly; may be the result of scrofula, or derangement of the general health, without any inflammatory symptoms. It occurs in child-bearing, as well as in the sterile women. The first indications are: a hardness of the gland, and soreness about the nipple; an imperfectly circumscribed and uneven tumor can be detected; fluctuation indistinct. Nipple may be drawn in.

Adhesion occurs between the tumor and skin. The treatment should be tonic and stimulating. Nourishing food; malt liquors; free punctures and draining tube; pressure; poultices and strapping applied to the breast. Attention to the digestive and uterine organs.

Mammary Hypertrophy, or *Enlargement* of one or both breasts may occur in single or married women. Usually one gland first begins to enlarge, and slowly increases in size. At the end of a year or so the other breast gets affected. There are no inflammatory symptoms, induration or pain. The enlargement becomes burdensome and unsightly. The affected gland may project firmly from the thorax; or it may hang flabby and loose—a pendulous breast. In many cases, the uterine functions are out of order, and imperfectly performed. The general health usually impaired. The causes are frequently owing

to masturbation or self-abuse, sometimes to imperfect sexual intercourse. I have seen cases where both breasts were affected, in which they hang down nearly to the navel. The treatment in these cases is very difficult, and in the hands of an unskilful and incompetent physician, very unsatisfactory. There should be great attention given to the uterine functions. Pressure should be applied by strips of ammoniac and mercury or mercurial, or litharge, or belladonna plaster ; or by spring-pads, or air-cushions. Where the patient is pregnant, a hope of cure may be entertained when milk begins to flow. Various preparations, amongst others, of iodine have been largely tried but seldom with any benefit. The clitoris has sometimes been cut away, but I very much doubt the expediency of this. In very severe cases, one or both breasts have been amputated.

Mammary Tumors. The female breast is liable to become the seat of several varieties of tumor. Some are *simple;* and with one or two exceptions, are composed of elements more or less resembling those entering into the composition of the structure of the gland itself. Others are *malignant,* and are formed of elements foreign to the healthy organism. Among them we may name:

1. *Lacteal,* or *Milk Tumor,* which is a distension of one or more of the milk tubes, owing to a closing up of the orifices; or a rupture of a milk passage, with escape of its contents into the surrounding connective tissue. This occurs whilst giving suck. The symptoms are, the appearance of a small cyst or lump, varying in size from that of a walnut to that of an orange, which, when recent, is elastic and fluctuating. As the serous portion of the milk gets absorbed, the tumor becomes firmer,

and feels almost solid. There is generally absence of pain, and the general health unaffected. The enlargement commonly discovered by accident, when the patient very likely becomes very much alarmed, fearing cancer. The treatment should consist in free puncture, and keeping the wound open until all discharge ceases; sometimes a cure cannot be effected until milk ceases to be secreted, and the infant weaned. It will be a favorable symptom, if slight inflammation and suppuration follow the puncture, as in the case of ordinary abscess.

2. *Fatty Tumors.* Masses of fat may be developed within the breast, or in front or behind it, and give rise to an appearance of mammary enlargement. Such tumors grow slowly, and sometimes attain a weight of several pounds, and are not only inconvenient from their bulk, but an unpleasant disfigurement of the person.

3. *Cartilaginous* and *bony tumors*, have been found in the breasts on some occasions.

4. *Chronic Mammary Tumors;* generally commence in healthy women between the time of puberty and the thirtieth year; single, more liable to them than married women. The growth of this kind of tumor is slow, and an enormous size may ultimately be obtained. It sometimes remains stationary for a long time, and rapidly increases in bulk. It may then as rapidly diminish in size, owing to an absorption of the fluid in the cysts, but never disappears entirely. The symptoms are; at the commencement of the tumor begins a small, movable lump, and appears isolated from the gland tissue; is not painful, and does not involve the skin; but the real breasts may shrink away. The treatment should be adapted to the peculiarities of the patient; remedies to induce

absorption are apt to injure the general health. If the growth is rapid and increasing, a surgical operation may be necessary.

5. *Inflammation of the Nipple*, is very common at the commencement of the milk secretion and giving suck. There are sometimes very painful ulcers, fissures, chaps or cracks. The great suffering sometimes impairs the general health, occasioning constant dread of injury, mental depression, loss of appetite and restless nights. The disease may often be prevented by bathing the nipple night and morning during the last few weeks of pregnancy, with astringents, such as Port wine, or sugared lime water. Many curative measures are recommended, but whatever may be done, extreme care should be taken that the nipple should be well dried after nursing, and the child should not be allowed to lie with it in its mouth, after a

proper meal. Nipple shields of glass, or vulcanized India rubber should be used to afford protection during nursing. As direct applications the following formulæ will be found useful:—

R. Glycerine, fluid ounces, 1; Liquoris Plumbi Subacetatis, fluid drachms, 2; Spiritus Rectificati, fluid drachms, 4; Acquæ Rosæ, fluid ounces, 8; mix, and moisten the nipple frequently. Or, Zinci Sulphatis, grains, 16; Spiritus Rosmarini, Tincture Lavendulæ Compostæ, of each fluid drachms, 2; water, fluid ounces, 8; mix.

Either of the above, as lotions, are sufficiently astringent, cooling, and of the kind, most excellent. Ointments, when indicated by dryness of the skin, etc., of Balsam of Peru and spermaciti, glycerine and almond oil, or dusting the nipple with powdered spermaciti, or oxide of zinc, tied

up in a muslin bag, will be found to afford great relief as well as protection against the irritation likely to be produced by the dress.

The above, with many other diseases of the breast less common, are often causes of great pain, disquietude and distress, and should be carefully looked after by the nurse or patient herself. They may induce permanent disorders of a serious nature, and it is always better and safer in the first instance to have the assistance of a physician. The reader will have perceived what the dangerous and malignant nature of many of these diseases of the breast really are; and how unwise it would be to rely either for relief or cure upon the uncertain prescriptions of unskilful practitioners. There are many home remedies I know, always ready at hand, which may afford temporary relief, and it is always very proper to apply them, but as perma-

manent relief can only be expected from an improvement of the general health, the doctor had better be consulted. Among other disorders of the breasts, that of

Mastodynia, or *Neuralgia*, is not an unfrequent one; the symptoms of which are heat, and more or less swelling of the affected breast; sometimes the lumps rather firmer than is natural; more frequently the gland is healthy to the touch; the pain is of a wearying aching character, it may be very acute, subject to variations like neuralgia elsewhere. It is most commonly due to some ovarian or uterine irritation. In many women the breasts are irritable and tender at the commencement of each menstrual period, and the general health seldom good. Loss of appetite, constipation, restless nights, and anxiety are the premonitory symptoms of the complaint. Young infants, and children about the age of puberty are

liable to enlargement and tenderness of the breasts. Sometimes there is considerable secretion of milk. The disorder often subsides spontaneously, provided the nurse or assistants do not keep up an irritation, by their too officious applications. I have more than once seen abscesses in the breasts of an infant, occasioned by the nurse using friction with oil "to rub the milk away." The proper treatment would be an effort to cure the disorder on which the pain depends. Removal of any ovarian or uterine irritation, careful attention to diet, exercise, clothing, etc. Among therapeutical remedies the following will be found serviceable:—

R. Tincture of Cinchonæ, Comp., one fluid ounce; Tincture of Aconite, thirty drops; Tincture of Serpentaria, or Acetated Tincture of Racemosæ, three fluid drachms; Essence of Peppermint eight fluid ounces. Mix.

Take one-sixth part three times a day. Preparations of ammonia and bark, castor oil, friction of the breasts with belladonna liniments; support by strapping or bandage if the breast be pendulous, will be found very beneficial. I recommend any of these, as offering the safest means of temporary relief only. The doctor is the only reliable resource, and then only after he has examined the difficulty.

THE OVARIES, are in the female analagous to the testicle of the male; that is, both of them secrete a product indispensible to reproduction. They are two in number, and are situated on the sides of the womb, just behind the Fallopian tubes, but vary in situation, according to the age of the individual, and the state of the uterus. These organs contain the ovule, or egg, from which, after fecundation by the male sperm, is formed the incipient human being. The ovaries are often liable to

various diseases and accidents among them

Ovarian Displacements. One or both ovaries are occasionally forced out of position by some uterine or other tumor, or an ovary may escape from the pelvis, forming a true hernia. Displacements of the first kind usually aggravate the symptoms of the disease causing them, but the pain often ceases if the tumor increase in size, and passes upwards out of the pelvic cavity. Displacement of the second class may be congenital, that is, innate, or existing from birth, or may happen accidentally after puberty. Occasionally, the ovary forms the contents of an inguinal (i. e. in the groin) renal, (belonging to the leg) or umbilical hernia. When anything of this kind is suspected, there should be no delay in applying to first-class surgical advice.

Ovarian Tumor, synonymous with *ovarian dropsy*, consists of a conversion of

the ovary, or parts of it, into cysts, or pouches containing morbid matter. These are of an extremely dangerous, and often fatal character. The symptoms are very slight in their early stages, and the disease generally escapes detection until the abdomen begins to be enlarged. And here the poor patient, however unexceptionable her character may have been, is likely to become the object of unjust suspicion and ungenerous reports. Her increased size indicating it, she is charged with being "in the family way," and neither her protestations or denials are credited until too late. In some cases the tumor, while in the pelvic cavity, causes irritation of the rectum and bladder; there is a sense of weight and oppression; pain and numbness down the thigh of the affected side. Back-ache; menstruation not materially affected, usually regular, but perhaps a little abundant.

In more advanced stages there is great pain and tenderness, with distension of the abdomen. Menstruation gets disordered and irregular; loss of flesh; constipation and indigestion follow; then, loss of appetite; restless nights; frequent micturation; scanty urine; difficult and labored breathing; swelling of the thighs and legs; patient's sufferings greatly augmented, and her movements impeded from the size of the tumor; rapid decline, with occasional suppression of the urine. The treatment in these cases must be prompt and bold. No faint-hearted physician, or unskilled hand should be trusted here. Abdominal tapping is the first method indicated for relief, followed by well adapted pressure, and the administration of proper alteratives and resolvents. Drugs to produce absorption are worse than useless. The following prescription will be found highly beneficial:—

R. Iodide of Potassium, fifteen to thirty grains; Wine of Colchicum, half a fluid drachm; Tincture of Hyoscyamus, two fluid drachms; Sulphate Magnesia, two hundred and twenty grains; infusion of Mayweed, eight fluid ounces. Mix, and take one-sixth part three times a day.

NEURALGIA. I insert this, not because I consider it of the class of diseases of which this list is especially designed to instruct the reader, although one variety of it, *Sciatica*, is most frequently due to uterine difficulties, syphilitic taint, etc.; but the disease having become somewhat a popular one, and by many regarded as the cause of almost every pain or ache experienced about the face or head, I have thought that something said about it would be generally acceptable. The term *Neuralgia* is derived from two Greek words, signifying suffering nerve, and is

generally indicated by violent pain in the trunk or branch of a nerve, occurring in paroxysms, perhaps at nearly equi-distant intervals. It may attack the nerves of the head, trunk, or extremities, and it is those situated beneath the skin of these regions which suffer most frequently. There are three varieties:—

(1). *Tic Douloureux;* which chiefly affects the forehead and face with excruciating pain, shooting over the cheek, lower eyelids, also of the nose and upper lip. Another branch of it is usually confined to the lower teeth nerves, and the pain is experienced in the lower lip, gums, teeth, chin, and side of the tongue. Whichever nerve suffers, the torture is equally confined to that side of the face where the nerve is situated. The attack comes on suddenly, and the patient at once puts up a hand to press the seat of suffering; it greatly increases in severity, becomes

lancilating and burning, and then ceases in the course of a few seconds. The attacks are perhaps preceded by some derangement of the digestive organs; by difficult and labored breathings; by slight rigors, followed by heat. Sometimes the sufferer will be free of it for weeks, and then there will occur almost constant paroxysms for many days. It may be due to dyspepsia; anæmia, (deficiency of blood) renal disease; disease of the facial bones; organic disease of the brain; disease of the teeth and gums, etc., etc.

(2). *Hemicrania;* or half the skull. Headache affecting one side of the brow and forehead. Often accompanied with sickness, sometimes periodical. Has been called *sun-pain*, as at times it only continues so long as the sun is above the horizon.

(3). *Sciatica;* indicated by acute pain following the course of the great sciatic

nerve, (the largest of all the nerves, and is distributed chiefly to the muscles of the thigh). It extends from the sciatic notch (hip joint) down the back part of the thigh, along the space back of the knee-joint, and along the nerves of the leg to the foot. It may be due to a pressure of intestinal accumulations, or of simple or malignant uterine tumors, inflammation, rheumatism, or gouty or syphilitic taint, over-fatigue, exposure to cold or wet. In the treatment of neuralgia, the general remedies should be; nourishing diet, with prudent use of tonic, and slightly stimulating drinks, such as old ale, stout, etc.; raw eggs; milk, in place of tea or coffee. Warm clothing; flannel worn next the skin, or chamois leather jackets and drawers; warm, tepid, or cold salt-water baths; Turkish bath; friction of the skin. Medicines having a tendency to keep the bowels open, slightly purgative and tonic, are proper. In the

absence of a physician, any of the following will be found serviceable :—

R. Composite Decoction of Aloes, Com., infusion of Gentian Root; of each, four fluid ounces ; Liquor Potassæ, two fluid drachms. Mix and take one sixth part early every morning. Or,

R. Sulphate Sodæ, Preciptate Sulphur, of each, one and a half ounce. Mix, take one teaspoonful in a tumbler full of milk and water early in the morning.

Or, where there is dyspepsia, or suppressed menstration :—

R. Pepsine, 32 grains; Extract Barbadoes Aloes, 8 grains; Glycerine sufficient to make a mass. Divide into 8 pills, one to be taken daily at dinner.

Preparations of Iodide of Iron and cod-liver oil, Iodide of Potassium, Colchicum,

Phosphate of Iron, under the directions of the physician, are found more or less useful, whilst local applications and the removal of decayed teeth will be found to produce the happiest results. The external application of iodine, dusting the surface with morphia, spray of pure ether, hot douches of medicated water, galvanism, and dry cupping will all naturally assist in relieving the pain and quieting the nervous agitation.

Persons affected by neuralgia, which they have cause to suspect may arise from any derangement of the generative organs, or in fact from any cause whatever, should at once consult some reliable physician, and avoid unnecessary dabbling in drugs unadvised. But let it be remembered that, every pain in the head or face is not neuralgia, nor apply that term to transient flashes of pain, or slight aches, the causes of which may be fairly traced to

other causes less obscure and more easily disposed of.

Ovaritis. *Inflammation of the Ovary*, occurs under two forms,—the acute and subacute, or chronic.

1. *Acute Ovaritis;* may arise from violence, the use of strong caustics, dilitation of the mouth of the womb with sponge tents, sudden suppression of the menses from shock, gonorrhœa, etc. The left ovary more frequently attacked than the right. The symptoms are; pain, sometimes very severe, causing paroxysms like labor pains; more frequently of a dull, aching character, with occasionally sharp, lancinating attacks, tenderness about the lower part of the abdomen, groin, and inner part of the thigh. Passage of hardened stools causing much suffering by pressure on the ovary. Fever; rapid pulse; nausea; restlessness, with disgust for food. On examination by the touch, the swollen

and exquisitely sensitive ovary may be easily detected. If suppuration occur, there will be rigors; quick and feeble pulse; glazed red tongue; excessive sickness, and a sense of weight and throbbing about the lower region of the abdomen. Should the abscess burst, it may set up severe inflammation of the pelvis. These cases are very tedious, and none but the most experienced physicians must be called upon to attend them. In case medical assistance cannot conveniently be had, hot hip-baths should be administered night and morning; warm fomentations, with hemlock, or linseed poultices applied to the vulva (opening to the female generarative organs), hypogastric (the abdominal space above the pubes) and the inguinal (near the groin) regions. The rectum should be cleared of all fœcal accumulations by enemas of olive oil, etc. Preparations of Iodide of Potassium, etc., may be

given. The following recipes will be found useful:—

R. Iodide Potassi, forty grains; Tincture Rhubarb, one fluid ounce; Extract Sarsaparilla, two fluid ounces. Mix. Take a small teaspoonful in a wine-glassful of water three times a day.

Or, in cases where there has been gonorrhœa at any former period, syphilis, scrofulous sores, etc.:—

R. Iodide Potassi, thirty to ninety grains, (depending upon the age, strength, etc. of the patient); Glycerine, one fluid ounce; Tincture of Aconite, twenty drops; Wine of Ipecacuanhæ, half a fluid drachm; Juice of Dandelion, six fluid drachms; Decoction of Sarsaparilla Compound, eight fluid ounces. Mix, and take one-sixth part three times a day. A most excellent remedy.

If the attack should be due to sudden suppression of the menses, suitable emmenagogues should be given.

2. *Chronic Ovaritis* is a very common disease during the period of sexual vigor. It runs a very tedious course, and may be set up by excessive sexual intercourse; unskilful use of the uterine sound, or caustics, rheumatic, or syphilitic taints. The symptoms are; dull and continuous aching in the ovarian and sacral regions; tenderness of the upper part of one or both thighs; scanty and difficult menstruation; great pain on sexual intercourse, (which had better be avoided). Irritability of the stomach, nausea, indigestion, constipation, flatulence. Fits of hysteria; irritability of the bladder; swelling and tenderness of one or both breasts; attacks of nymphomania (morbid and excessive sexual desire, often assuming a form of insanity) may arise from subacute ovaritis. The ovary,

on making a vaginal examination, will be found inflamed, swollen, and extremely sensitive. To say that such cases should at once have the attentions of a skilful medical adviser is superfluous, as no prudent woman will, under such circumstances, attempt to doctor herself; she may, however, in the absence of the physician, take warm hip-baths, dress warm, and in every way strive to strengthen and fortify the system. The diet should be concentrated, stimulating and nutricious ; such as underdone roast beef, beef-steaks, milk, raw eggs, etc. Gentle walking exercise in the open air.

The following prescription may be taken very beneficially :—

R. Bromide of Ammonium, twelve to sixty grains ; Infusion of Orange Peel, eight fluid ounces. Mix, and take one-sixth part three times a day, an hour before meals.

This preparation is highly recommended for diseases in which the nervous system is functionally involved, as epilepsy, etc. It is a valuable absorbent in glandular enlargements, and in excessive corpulency; while it has also a peculiar soothing influence upon the mucous membranes. Cod-liver Oil, Ammonia and bark. Iodide of Iron and Cod-liver Oil, etc., are all very valuable remedies, but should be prepared under the direction of the physician. Strong purgatives should be especially avoided, as also should sexual intercourse.

Pelvic Cellulitis. Inflammation of the cellular, or areolar tissue of the pelvis, occurs mostly in connection with abortion, or lingering labor at full term. Also as a consequence of external violence, uterine disease, or some scrofulous state of the system. This disease is very apt to come on quite insidiously, most commonly, however, it arises from some constitutional

disturbance. The patient has fever, headache, restlessness; much local pain, throbbing and tenderness; aching pains in the limbs; difficult micturation, with a bearing down sensation; nausea and vomiting; painful swelling, somewhat felt at the lower part of the abdomen; always easily detected by a vaginal examination. If the morbid action be allowed to go on to suppuration, that is, to the formation of pus, with increased severity of general symptoms, the case may become exceedingly severe and dangerous. Rigors, with severe throbbings and tenderness will intervene. Neuralgic pains down the thighs. Pus may be discharged into the upper part of the vagina or bladder, or the larger intestines or rectum; sometimes into the peritoneum, (serous membrane lining the abdominal cavity) causing peritonitis, or inflammation of the peritoneum; or it may burrow and make its escape externally.

Troublesome seams, or sinuses are sometimes produced, and pus formed again and again for months. The treatment for such cases should be soothing, antiphlogistic, and tonic; cathartics of Castor Oil, Rhubarb and Magnesia, Citrate of Ammonia, or Potash, Morphia, Chloroform and Indian Hemp, Ammonia and Bark, hot hip-baths, fomentations, Linseed poultices, hot water, vaginal injections. Strengthening food, such as milk, raw eggs, beef-tea, with animal food as soon as the stomach can bear it. These directions are given, not to avoid, but as a timely resource until, the physician can be called. It will be seen that such cases are of too serious a character to be trifled with, or entrusted to the direction of uneducated, or unskilled advisers. How many lives have I known sacrificed; how many interesting, but unfortunate girls and women destroyed by mere lack of care and attention, under circum-

stances where, perhaps, their character was somewhat involved, solely through fear, or a false delicacy in not calling in, at once, an experienced medical attendant, and confiding to him all the circumstances and causes of their troubles. This is a serious and growing evil, and occasions much mischief every way. Physicians are frequently called upon, after irreparable injury has been inflicted, and when, as it often happens, that the patient succumbs to a fate brought about by her own indiscretions, or the mal-practice of some incompetent person, the doctor is forced into an unfortunate publicity, as having been concerned in an "abortion case" of which he is as innocent as the child unborn. Coroner's inquests are holden, arrests are made, investigations had, bail required, and a sensation created entirely uncalled for, and to, perhaps, the lasting damage of an honorable man, or an unfortunate woman,

simply that a little trouble and expense might be avoided in the onset.

Pelvic Hæmatocele. An effusion of blood into the peritoneal pouch, between the uterus and rectum, or into the surrounding parts. The symptoms vary according to the amount of hemorrhage. If excessive, a severe nervous shock may follow. Exhaustion, with acute pain in the lower part of the abdomen; chilliness or shivering; coldness of the extremities; vomiting; increased feebleness of circulation; ghastly expression of countenance. Death may occur in a few hours. In case the loss of blood is great or excessive, there will be violent abdominal pain; chilliness, followed by fever; anxiety of countenance; pinching and pallor of face; difficult micturation, with frequent desire to empty the bladder; irritability of rectum; perhaps a sudden cessation of catamania, if the flow be on at the time. Pulvic tumor likely to

arise; appreciable through the abdominal and vaginal walls.

In a third class of cases the symptoms have the same character, but are less acute than the foregoing. The Pelvic tumor may only be discovered by vaginal examination; danger of peritonitis, and of hæmorrhage returning after an interval. While absorption may be hoped for, prompt and energetic measures should be taken to arrest the disease. In acute cases, the treatment should consist of stimulants and anodynes; brandy, wine and opium in large doses. Mustard poultices to the feet; bladders of ice to the lower part of the abdomen, and to the vulva. When the loss of blood has been moderate, there should be perfect repose, in a recumbent posture. Opium in sufficient doses to relieve pain and prevent faintness. Ice, or mustard poultices over the stomach; cold applications to the vulva. The following

prescriptions will be found exceedingly beneficial at different stages of the complaint:—

R. Gallic Acid, fifteen to twenty-five grains; Aromatic Sulphuric Acid, fifteen to twenty drops; Tincture of Cinnamon, 2 fluid drachms; pure water, 2 fluid ounces. Make a draught to be taken every four hours, until the bleeding ceases. Or, in less urgent cases:—

R. Gallic Acid, twelve grains; powdered Ipecacuanha and Opium, five grains. Make a powder, to be taken every eight or twelve hours. Regulate the quantities according to the number of powders likely to be needed.

When the flowing is quite passive, the following mixture:—

R. Exsiccated (dried) Alum, 60 grains; Syrup of red corn poppy, (Papaver

rhœas) six fluid drachms; Acidulated infusion of Rose leaves, eight fluid ounces (one pint). Mix. Take two table spoonsful every six hours.

Puerperal Mania. A peculiar form of insanity, occurring to women soon after delivery. The symptoms are, restlessness, sleeplessness, severe pain in the head, diminution of the secretion of milk. Skin hot and dry; pulse full and thick; tongue thickly furred; often great debility; perhaps prostration from flooding, lingering labor, or some morbid poison in the system. Delirium frequently very violent; great general irritation; tendency to commit suicide, or child murder. The treatment should be; first to arouse and support the powers of the patient; and second, to allay the irritability of the brain and nervous system. For the first, give brandy and egg mixture, prepared as follows:

Take the whites and yolks of three eggs and beat them up in four ounces of plain water. Add slowly three or four ounces of brandy, with a little sugar and nutmeg. Two table spoonsful should be given every four or six hours. In some cases of great prostration, the efficacy of the mixture is much increased by the addition of one drachm of the tincture of yellow cinchona to each dose. Preparations of Bark and Ammonia, Cod-liver Oil. Pounded beef in broth, wine, beer, milk. To allay the brain, and nervous irritability :—

R. Extract of Stramonium, three grains ;
Extract of Hyoscyamus, twenty grains ;
Extract of Hops (Lupuli) forty grains.
Mix and divide into twelve pills ; one to be taken every four hours until relief is obtained.

Where there is great inclination to sleeplessness :—

R. Extract of Opium, one third to one full grain; or the Hydrochlorate of Morphia, one quarter to one full grain; Extract of Hyoscyamus, three grains. Make one pill, to be taken at bed time.

When a patient has arrived to that condition in which preparations such as the foregoing, are deemed necessary, she will of course have the attendance of a competent physician, who will be able to direct what is proper to be done. The patient should be in charge of a trained and trusty nurse, and it may be prudent to keep from her room the visits, or attendance of her family and friends, until the violence of the attack abates, and symptoms yield to the remedies given.

Pyrosis. Generally known under the name of *Heart-burn*, *Water-brash*, etc. Exhibits itself under a form of indigestion, in which there is frequent eructation of a thin, watery, and acid, or tasteless fluid.

Very common with women, with whom a favorite remedy for it is "to eat a piece of chalk." The complaint often exists in connection with some derangement of the nervous or uterine system; or with organic disease of the stomach, pancreas, or liver. As indigestion is oftenest the cause of this painful sensation, so a careful attention should be given to diet. Animal food less likely to produce it than vegetable; a saccharated solution of lime and milk is often found to allay the burning sensation, and give relief.

R. Saccharated solution of lime and milk, one to four drachms; add four ounces of Milk. Mix, and drink.

Carbonate of Magnesia is very useful.

Uterus. A term derived from the Latin word *Uter*, meaning a "bottle of skin or leather," and applied to the womb. What this is, is generally understood; but as I

design to allude to some diseases of this organ, I deem it necessary, even at the risk of repetition, to explain as concisely as I can, its location and characteristics. The womb, then, is a hollow muscular organ, designed for the lodgment and nourishment of the fœtus from the moment of conception until birth. In its ordinary condition, it is a compact, fleshy body, about three inches in length, two inches in its greatest breadth, shaped somewhat like a flattened pear, the narrower portion being below. The upper, or broader part is termed the *fundus*, the contracted portion is called the *cervix*, or neck, and the external orifice, communicating with the vagina, the *os tincæ*, or *os uteri*. At the superior (upper) angles it sends off the Fallopian tubes, which, when conception takes place, receive the ovule or ovules from the ovary, and convey them to the uterus.

The diseases of the uterus are all of such character as to require the aid of skilful medical attendance, and should never be experimented on or tampered with by either the person afflicted, or attending nurses. The whole subject is one of great delicacy, and any information upon the subject which I should attempt to convey in the brief space allotted to each subject in this catalogue, would embarrass, rather than benefit the reader. I therefore very properly, I think, pass it by, merely stating the fact that for the most part all

UTERINE TROUBLES OR DIFFICULTIES have their origin in some congenital or accidental malformation, or displacement, which the surgeon alone can remedy or alleviate by operation, according to the necessities of the case after careful examination; internal administration of medicine in such cases being, for the most part, entirely useless. Displacements of the uterus are

oftener the causes of sterility in the female than all other causes put together, and until such displacements, or other structural obstacles to the free passage of the male semen, or spermatozoa into the uterus are overcome by replacement, excisions of the os tincæ, or incision, in order to render access to the germ, or egress to the secretions possible, conception is completely impossible. Of the various troubles to which the uterus is subject, those of *anteversion*, and *retroversion* are the most frequent. These are called *displacements;* and whilst they remain so, are the occasion of more or less suffering, painful to be borne, undermining the general health, and, as before stated, utterly precluding any possibility of conception.

Naturally, and in proper position, the uterus rests upon the vagina, at nearly right angles with it, the fundus, or upper part pointing somewhat in the direction of

the navel. It may be tilted a little, one way or the other, without the position being necessarily considered as "out of the way." If it turn forwards or backwards for twenty-five or thirty degrees, it may not amount to a mal-position; but if it inclines so far as forty degrees in either direction, without soon rectifying itself, it is out of place, and usually goes from bad worse, till the mal-position becomes fixed and persistent.

Anteversion, is when the fundus, or upper part of the womb is thrown *forward*, so as to compress the neck of the bladder, which lies almost directly in front of it.

Retroversion, is that condition in which the fundus is thrown backward towards, or upon the rectum. The physical symptoms in either case are, a dull, wearying backache; tenderness about the groins and inside the thighs; a sense of fulness in the rectum or bladder; pain from sexual inter-

course; leuchorrhœa; dysmennorrhœa; nausea; loss of appetite; mental depression; hysteria, etc. Menstruation not necessarily interfered with. Whilst but very little, or no reliance can be placed upon therapeutical agencies, still, there are occasions when the administration of internal remedies may be found of great service, either in mitigating pain, or quieting the nervous system, giving nature a chance to recuperate and rally her forces to her own relief. Quinine, steel and nux vomica, in combination, as a tonic, is often found very serviceable.

Vaginitis. Inflammation of the vagina. It may be either acute or chronic. The former is not very common; but the latter, better known as *The Whites*, or *Vaginal Leuchorrhœa*, is one of the most common diseases to which women (particularly the married) are liable. It is characterized by a constant or frequent leuchorrhœal dis-

charge, "the whites," accompanied with backache; and sense of weariness after slight exertion; loss of appetite; indigestion; flatulence and constipation; mental depression, etc. Sometimes the discharge is so profuse, and of such an acrid character, as to produce exfoliation, or a peeling off the outer skin of the mucous membrane of the vagina; coming off in flakes, or sometimes in masses, forming complete casts of that organ.

Very few complaints are more annoying, or so troublesome, not only by reason of its debilitating effects, but by the irritation and discomfort produced by the constant dripping.

The causes of this disease are undoubtedly a general relaxed state of the system; neglect of cleanliness; depression of the vital powers; want of energy, etc.

The treatment for this, as for all similar disorders, where a general weakness is in-

dicated, should be tonic and stimulating; out of doors exercise; *industrious application* to some useful employment; cheerful society; substantial food; regular hours; and a determined purpose in life. Females troubled in this way are generally cold-blooded, suspicious, and very little disposed to amorous indulgencies.

Vulvitis. Several forms of troublesome inflammation may attack the vulva, (which we have already described).

Simple Vulvitis. Is not very uncommon from want of cleanliness, excessive intercourse, venerial taint, or irritation of the adjoining parts. The symptoms are, pain and tenderness, swelling, mucous discharge, heat or scalding during micturation, aching about the loins, groins and thighs, with constitutional disturbance. The treatment should be such as to purify the blood, and to throw off the humors from the system. Seidlitz Powders, effervescing Citrate of

Magnesia, cold hip-baths, alum or lead lotions, avoidance of all stimulants.

2. *Follicular Inflammation of the Vulva.* An accumulation of sebaceous matter, or an inflammation of sebaceous follicles, scattered over the mucous membrane of the vulva. Both sides of the vaginal entrance usually affected; with tissues within the nymphæ, and at the base of the clitoris. This is a very intractable and stubborn disorder, and is most common during pregnancy, and at about the change of life. The symptoms are; the parts are found more or less inflamed, and studded with numerous raised vascular points, sometimes having specks of ulceration on their summits. Soon the points run together, forming a strip of highly injected mucous membrane; subsequently the vascularity (the little blisters) disappear, and the tissues look as if covered with white paint; a disturbance of the general health,

constriction of the circular muscle, which contracts the vagina. Leucorrhœa; irritation and smarting of the genitals. Sexual intercourse very painful, pains in the back and thighs. The treatment should be both local and general. An application to the parts affected of morphia and hydrocyanic acid lotion; tobacco lotion; glycerine and lime-water; iodide of lead and belladonæ ointment; hemlock poultices; warm hip-baths, containing extract of poppies and soda.

Caustics and astringents should be carefully avoided. For local treatment the following recipes may be selected from:—

R. Liquoris Morphiæ Hydrochloratis, half a fluid ounce; Liquoris Potassæ, two fluid drachms; Glycerine, one fluid ounce; Aquæ Laurocerasi, one fluid ounce; Aquæ Sambuci, eight fluid ounces. Make a wash and use it

morning and night. Or, the common tobacco lotion may be freely used, made as follows :—Take of common plug tobacco about a quarter of an ounce, and steep it in a pint of water, strain it, and use it freely as a wash.

For general treatment, the food should be plain and nourishing, avoiding highly-seasoned dishes, coffee, wine and beer; change of air highly beneficial. Great attention should be given to cleanliness of person.

3. *Pudendal Erythema*, or a general inflammation, redness or itching of the female generative organs, arises from neglect and want of cleanliness, or from excessive exhalation of moisture in stout, middle aged women, the surfaces of the labia and perineum and upper part of inside the thighs become the seat of a burning and itching irruption. The parts becoming of

a bright red color; with sensation of heat and great discomfort. By neglect, or intemperate living, it may assume a very painful form, and end in erysipelas. The best way to get rid of this trouble, is to give particular attention to cleanliness by frequent bathing, keeping the parts most likely to become irritated dusted with Pearl Powder, or powdered Spermaceti. Fuller's earth is a common domestic remedy, and a very good one.

Warty Growths, frequently spring up around the vulva and scattered about the labia, nymphæ, vestibule, perineum, and around the anus. They sometimes appear in large clusters, and give rise to irritation and offensive moisture. They should, and may be, safely removed with scissors, the sensibility may be destroyed with ether spray. If bleeding occurs, apply a solution of perchloride of iron, or any ordinary styptic.

CORRESPONDENCE.

LETTER FROM A YOUNG LADY. EARLY HISTORY. DECLINING HEALTH, SYMPTOMS OF HER COMPLAINT, LOSS OF APPETITE, PAINS IN THE HEAD AND BACK, WEAKNESS OF THE LIMBS AND FEET. MY REPLY AND COUNSELS IN THE CASE. LETTER FROM A MARRIED LADY. DESCRIPTION OF HER CASE. MY REPLY. CASE OF A WASHINGTON BELLE. LETTER FROM A MARRIED LADY DESIROUS OF HAVING CHILDREN. MY REPLY.

ALTHOUGH it is a general rule in my private medical correspondence to destroy all letters received by me containing matters of a private and confidential

nature, yet there are many instances where the narrative is so interesting, and the nature of the case so grave and important, that I preserve, for future reference, such as I deem necessary to illustrate a principle, or to establish a point essential to a correct knowledge of my theory, and mode of practice in treating female complaints. Among others upon my files I find the following letters, upon which are endorsed a memorandum of my treatment of the several cases therein described, with a brief synopsis of the answers which I deemed it necessary and proper to write. Upon a reference to my diary I find that, in their publication I shall violate no rule of professional obligation, whilst in two or three cases I have the express permission of the writers to do so. These letters will prove interesting and useful in exhibiting to my lady readers and friends the great variety of circumstances under which my

advice and assistance are sought, as they will also enable them to judge how far the symptoms and complaints therein described are analagous to their own; and it may afford them some relief to find that, in other and similar cases the skill of the physician has not been resorted to in vain.

[Letter from a Young Lady.]

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DR. FREDERIC MORRILL:

Dear Sir: — Taking courage from the respectful manner in which I have often heard your name alluded to as a kind, considerate, and skilful physician, I venture to address you a few lines in regard to myself, begging you to give them your careful thought and attention, and to give me such advice, and, if necessary, such medical assistance as you think best adapt-

ed to my relief, for I assure you that I stand greatly in need of both. I enclose —— dollars, which I hope you will accept for the trouble I am about to give you; and will, from time to time, make such further payments for the services you may render to me as shall abundantly satisfy you. I will now proceed to give you, in as brief a manner as I am able, such an account of my present ailments and troubles as will, I trust, enable you to perfectly understand my case.

I am not yet eighteen years of age, am rather tall and slender in form, and of (I am told) a sanguine temperament. Some three years ago I left my home in H——, in the State of Maine, where I had, until that time, resided with my father; having lost my mother when I was but five years old. Deprived of a mother's tender and anxious care at so early a period of my life, I was left to the tender mercies of

hired help, relieved only by such occasional attentions and caresses as I could snatch from my father. I grew up to fifteen, without those maternal instructions and examples, without which, I find, that, girl as I am, I have been unconsciously led astray, into habits and practices which are, I fear, fast conducting me to an early grave. Already has my health given way to that extent, that my friends, with whom I am staying, are fearful that I am going into a decline, and may die of consumption. I no longer enjoy the companionship of my young friends, my mind wanders, and in spite of every resolution to the contrary which I form, I feel myself daily growing more gloomy, capricious, and desponding. I have lost my former elasticity of step, and my lips and cheeks have assumed a deathly and ashen hue. My appetite has left me, and my nights are restless and uneasy. I have frequent and

severe pains in my head, up and down my back, sides, and around my hips, whilst there is such weakness of the limbs and feet that exertion of any kind is irksome and oppressive. At the suggestion of my aunt I have occasionally taken various kinds of herb teas and other decoctions in which she has great faith, but which do not in the least degree benefit me. In fact, doctor, I feel that I am fast sinking into the grave unless I can find relief. I have heard others tell of your great skill in curing such cases as mine, and that, you are able, by even such an imperfect account as I have given, to prescribe remedies which are sure to give relief. It would be utterly impossible for me to go to Boston and submit myself to any personal examination by you; but if I have omitted to state anything which you ought to know, write to me, and I will endeavor to inform you as truly and clearly as my

present ill health will allow. Permit me to express the hope that you will pardon the freedom with which I have written, and that you will, with as little delay as possible, comply with my wish.

Very respectfully,

HARRIET R———.

[My Answer.]

BOSTON, ——, 186—.

MISS HARRIET R——.

Your letter of —— duly came to hand. Its length, and the deeply interesting nature of its contents, induced me to lay it aside for a day or two, in order that I might find time to give it something more than passing attention. Although I know from the symptoms and peculiarities of your case, such as you describe them to me, that unaided and unrelieved by medical advice, and the necessary remedies for

the recovery of your health, you are exposed to the utmost danger, and that the painful anticipations of your friends that, you may go into a decline, will be realized. Yet, at present, there is no occasion for immediate alarm, except in the danger arising from any delay on your part in resorting to the proper means of relief and cure. I recognize the truthfulness of your narrative, in the accuracy and fidelity of your description of the symptoms and progress of a debility arising from the causes you intimate as producing your own, and I am glad that it is in my power to afford you most certain and permanent relief. However distressing your case may be,—and I fully believe it to be as painful and discouraging to you as you describe it,—it is by no means a novel one, nor one from which you may dread any very serious ills, other than those which you now suffer, provided you will at once

submit to such treatment as I shall advise. You are, it would seem, a young lady of precocious instincts and strong passions, which, through the want of early guidance and restraint, have led you into errors and practices not only highly injurious and pernicious, but which, if left unchecked and entirely unsubdued, will result in the most fatal consequences. Imbecility, idiotcy, madness, or death itself, not only may, but some one of them are most certain to intervene, as a result of the condition in which you now unhappily find yourself. I shall take care, however, that no such calamity shall befal you. My long experience, and the numerous cases in which your own would afford a fair example of them all, enables me to assure you that you are not beyond the reach of the curative art. It will necessarily take some considerable time, and subject you to much self-denial, to follow, as you must, those

dietetic and hygienic rules which it will be necessary for you to observe if you would attain your wishes in the complete restoration of your health; and be able to fill as you ought, the noble and interesting stations of maiden, wife, and mother, to which you may be destined. I send you by express, to-day, certain parcels containing medicines, accompanying which are specific directions for their use, with general directions for exercise, bathing, recreation and sleep, to which it will be necessary for you to conform. The medicines now sent are such as are best adapted to your present condition, and to prepare you for such others as an altered and improved state of your health may indicate, after the present supply has been exhausted. It is not absolutely necessary that I should see you, although it is preferable that I should do so. You will, however, from time to time, let me know the progress you are making,

and at the proper time I will send you other preparations which will hasten, and I hope go far to reëstablish your health. In the meantime I beg you to have perfect confidence in my ability to cure you; and the pleasure which at all times I shall feel in being regarded as your confidential adviser and friend.

F. MORRILL, M. D.

NOTE. This young lady proved to be a far more sensible and persevering person than I had feared she would turn out to be when I took her case in hand. She implicitly and faithfully followed my directions, and the medicines which from time to time I found it necessary to prepare for her use, soon produced their effects in bringing about a change most gratifying to all who witnessed it. In a few months she ceased to be the careworn and depressed invalid of her former days; and when once my treatment began to take effect, she rallied and gained strength with a rapidity truly astonishing. In a short time she became as healthy, hearty, and I may justly add, as beautiful, as she had formerly been sick, frail, and despairing, in her daily looking for a slow, lingering, and approaching death. She is now a happy wife, and mother of a large and interesting family. And quite recently, when I wrote to her asking her permission

G——, N. H., ——, 186—.

DR. FREDERIC MORRILL,

Dear Sir, — By the advice of some friends here who are acquainted with you, and have, as they assure me, been highly benefitted by you in cases quite similar to my own, I am induced to write to you, and solicit your advice regarding my health, which has for a long time been in a failing condition. I am a married woman, and although such for nearly three years, am not, and unhappily for myself, likely to become, a mother. Previous to my mar-

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to publish her letter to me, written in her youth, and in the hour of her distress, she replied cheerfully, "By all means, doctor, publish it if you think it may be useful to do so. You saved me, and you have my earnest prayers that your life may be spared many years to benefit and restore others." I have given this correspondence, comprising as it does a little history, in all its simplicity, as a specimen of hundreds in my possession, and well calculated, I believe, to inspire hope and confidence in the minds of the distressed and suffering.

riage, and almost from my childhood, I had enjoyed good health, and am not aware that I had, at any time, been afflicted with any illness or complaint which should at this time have caused the ills which I now suffer. I am most sincerely and fondly attached to my husband, who, I have every reason to believe, fully reciprocates my affection for him. He is passionately fond of children, and above all things in the world, is desirous of having a family. The little prospect there is of his wishes in that respect being gratified, is, I know, the cause of no little disquietude, if not downright unhappiness and dissatisfaction on his part. That this misfortune,—for such I regard it,—is owing to myself, I feel almost certain. Soon after my marriage I was conscious of certain derangements, which led to a gradual decline of health and strength, producing not only an indifference, but I may say, an absolute

reluctance to that commerce and sexual intercourse to which, as a wife, I am obliged to submit and he, as a husband, has a right to claim. When I assure you that this unhappy state of things arises solely from derangements and debility over which I have no control, and which I have in vain sought to correct and overcome, you will know to what an extent I am suffering, and how necessary it is to consult a physician. I am rather positive that my sufferings are aggravated by the position in which I am placed; and yet, I would rather suffer death than do anything to add to the evident discontent and unhappiness of my husband. Can you, doctor, from what I have written, form such an opinion of my condition as will enable you to prescribe for my relief. My inability and reluctance to adopt a plainer manner of expressing myself, may cause me to come short of conveying to your

mind all I wish you to know; but still I trust that, I have stated enough to enable you to express an opinion of what is best for me to do. An early answer will confer a great favor, for which I will not only remunerate you to your entire satisfaction, but for which I shall feel grateful beyond my powers of language to express.

With great respect,

The reader will readily perceive that, this letter, although calculated to excite my sympathies for this estimable lady, did not give me such information as would enable me in any proper or reliable manner to make such a diagnosis of her case as to justify me in prescribing for her without a personal interview and examination. I wrote to her to this effect, and shortly

afterwards was called upon by her in person at my office. She was evidently a lady of excellent culture, had a pleasing yet melancholy cast of features, was of about a middling height, dark complexion, and exceedingly slow, reserved, and languid in all her language and movements. Her unhappy and embarrassing condition seemed to absorb her whole attention; and although expressing herself willing and ready to submit to any course of medical treatment I might advise, yet I found it by no means an easy task to sift out, as it were, from all she narrated to me, the true causes of her ailments and troubles. I did so, however, to my entire satisfaction; and although her case presented obstacles and complications such as I have but rarely met with, I felt confident in my ability to effect a cure. I first induced her to a change of scenery and her usual daily pursuits, and to place herself under

my care in my immediate vicinity, where I could daily notice such changes as might occur. Under the treatment resorted to, the functional derangements very rapidly disappeared, and her general health very much improved. By a careful and judicious administration of remedies I soon had the satisfaction to see her perfectly restored to health, and in a condition to return to her husband, a companion, indeed, meet for him, in every hope, aspiration, and condition of life. They are now in possession of an interesting and healthy family, which, with ample store of this world's goods, leaves no room for despondency, unhappiness, or discontent.

In looking over the extensive correspondence which I have had with patients in every stage, and under every form of disease, I find more difficulty in making the proper selections than from any want of material. It would be easy for me to place before

my readers some most interesting letters which would exhibit to them many peculiar and important phases of female complaints which I have to deal with, but which do not, in my opinion, so clearly come within the limits of that particular class of ailments to which I more particularly desire to call attention in this book. My desire is, as I have repeatedly stated, to explain, in plain and simple language, the great prevalence of, and the extreme danger arising from, a certain class of disorders, having their origin and seat in the genito-urinal organs; consequently endangering and deranging all the functions of procreation and maternity, and producing, if unheeded and neglected, a train of evil consequences, the duration of which are only to be measured by life itself. In addition to the plain and simple style in which I have endeavored to do this in the earlier pages of this book, I have thought

it would add to its usefulness and interest, and commend it more to the confidence of my readers, if I append to it these expositions of actual cases written by the ladies themselves, who have heretofore sought my advice.

Written, as they evidently were, only in the hope and desire of conveying an accurate description of their feelings and ailments, it is to be presumed that they made no drafts upon their imagination, and stated only what they really felt and believed to be true; and I venture to believe that, every female who may peruse this treatise, will readily recognize, in the descriptions they have given, a striking similarity to feelings, disorders, and complaints which she has, at some period, realized to some extent herself. I should extend this volume to a size far beyond that which I had contemplated when I began it, were I to multiply, as I might easily do, these

evidences of popular confidence in my ability and skill to perform all I pledge myself to do in the way of medical or surgical treatment for every complaint to which the gentler sex are liable. I cannot, however, refrain from transcribing the following letter from a lady somewhat advanced in years, and who, clinging to life with all the tenacity and desire prompted by the possession of every means for enjoyment which wealth can afford, only lacked that most essential element of all earthly happiness, health, to render her condition in life a most enviable one. She had, as she informed me, in her interviews with me, been early possessed of sound bodily health, and fortified, as she felt herself to be, by a strong and vigorous constitution, she had, unshackled by any of those restraints imposed by the careful guardianship of watchful parents and devoted friendship, early in life rushed into

all the excesses of youth, and at times set at defiance every maxim of prudence and virtue. Once entered upon a life of pleasure, she gave full rein to every passion, and suffered to pass unheeded the frequent admonitions which, abused, and too frequently outraged nature would give, that she was sowing the wind to reap the whirlwind. At the time she applied to me she was compelled to regard her condition in its true aspect, and to acknowledge herself "beaten," as she expressed it, by those remorseless enemies to health and repose, which she had so much defied in the hey-day of her youth and strength. With all her faults, and the dreadful consequences of her past life upon her, her strongly marked, but somewhat masculine, yet still beautiful, features, could not otherwise than command my admiration; whilst her dignity and commanding loftiness of expression, almost compelled a

respect not unmingled with a degree of awe, sometimes experienced when we first find ourselves in the presence of extraordinary women. She had heard of me in the city of Washington, which had, for many years, been the theatre of her triumphs as a reigning belle, and from which place, after a slight correspondence, she had come to place herself under my care. By my advice she secluded herself from public observation and all social intercourse, in one of our suburban towns, where, under an assumed name, she lead a life of abstemiousness, and directed her attention solely to the recovery of her health. With the wilfulness of spirit that ever characterized her life, and pointed her out as one of the "fastest women of the age," she settled herself down with a dogged determination to be cured, if it was in the power of medicine and skill to effect it.

I must confess that I felt highly complimented, as well as pleased, at the unlimited confidence with which she committed herself to my care, and was determined that no effort on my part should be wanting to perfect her cure. She was under my care for several months, and although I frequently despaired of restoring her fully to health, yet I had the satisfaction to perceive that, gradually her diseases and complaints gave way to the regimen I had imposed, and the remedies which I had administered. At the commencement of the autumn following the time when she first called upon me, her health had been so far re-established, that I permitted her to return to society. On leaving, she promised to keep me advised as to her health and progress towards complete restoration. In the following winter I received from her the following letter:—

WASHINGTON, D. C., ——— 186–.

My Dear Doctor:

You have not forgotten me, I presume, amidst all the calls and demands of your numerous and exacting patients. When I left you, you know that I promised to keep you informed as to the condition of my health, and threatened also, that, at some time when leisure and inclination combined to render the task comparatively an easy one, I would comply with a request of yours, that I would give you, in form, for future reference, some of the leading features, not only of my extraordinary case, such as you found it to be, but also some of those causes to which you but too truly attributed the deplorable and miserable condition I was in when I first came to you, a poor blighted and desperate creature, in search of my long lost health. You remember the reticence which I ever

maintained when the subject of my early life was alluded to; and you well remember how careful I was not to commit myself by any exposure likely to come back upon me to my discomfiture in after life, But the fidelity with which you devoted yourself to my welfare, and the skill with which you combated the complaints and weakness which had nearly overwhelmed me, have made me your friend for life; and the strict and manly honor which marked your whole intercourse with me, during so many months, have so completely disarmed me of all hesitancy to confide in you, that I feel inclined, by a sense of gratitude, to express to you how large the debt I feel that I owe to you, as my preserver and best earthly friend. From the earliest period of which I can remember, I have been sole mistress of my actions and conduct through life. I only know my parents through what has been communicated to me by

others; whilst my temporal wants have been amply provided for by a fortune too large for any want which I may ever feel. Endowed by nature with no small share of personal attractions, and aided by every accomplishment which art could confer, I entered upon life with every prospect open before me of position and happiness. In an unfortunate hour I fell the victim of the seducer's wiles, which implanted in my heart a thirst for revenge on all mankind. I resolved never to marry; and giving myself up to unbridled desire, and, unrestrained by want, or any earthly ties, I have vibrated between the great centres of fashion, vice, folly, and debauchery for forty years, and under the maddening influence of my early conceived hatred for your sex, have, in ruining them, brought upon myself that Pandora's box of evils under which I was groaning, when I placed myself under your care. A mother,

I am still childless, and I yet bear my father's name, because I am not entitled, by any act of lawful wedlock, to call myself by any other. The relations which I have, first and last, maintained with men of the most distinguished rank in the country, you have often suspected, and it is due to truth to say that, they have been of that character to lead one into every temptation and experience to which a woman can be subjected. Time and time again, I have had repeated to me the severe lesson that, neither rank nor wealth alone, could protect us from the consequences of violating nature's laws. Always ashamed of the penalties I was paying for my follies, I did, as thousands of others do, when circumstanced as I was: I doctored myself. I resorted to every known drug and compound vended in the shops, and exhausted the whole catalogue of nostrums and specifics, famous for their

wonderful properties in curing diseases, until I had completely staturated my whole system with their detestable ingredients; and during all this time my pride forbade me to abate one iota of the round of pleasure, (?) vice, and dissipation in which I daily and nightly plunged.

But the time came when tonics, stimulants, and cosmetics, could play their part no longer. Narcotics, opium, either crude or in the shape of laudanum, or morphine, were resorted to, to quiet the raging fires within, until overtasked nature succumbed to the too heavy load I had laid upon it. In rapid and sharp succession came the prostration of all the nervous system, the loss of appetite, and the loathing of food; dyspepsia and derangement of the organs of nutrition and digestion, with that complete upsetting and *bouleversement* of all my feminine attributes, as only you, as a physician, can imagine, and as you, also as a

physician, at least in my own case, have had an opportunity to witness and cure. When I recall to mind the suffering and misery I have undergone, the perils I have encountered and escaped, and remember that it is to your care and to your consumate skill that I am indebted for even life itself, I am at a loss for words to express the extent of my gratitude. * * * * * * * I trust it may be pleasing for you to learn that, warned by your counsels and encouraged by your friendship and kindly interest manifested in my welfare, I shall henceforth strive to lead a life of sobriety and virtue; and if I do not, at some future time, become a distinguished Magdalene and penitent it will be only, as you know, from my utter detestation of everything that by any possibility could be construed into hypocracy and pretence. * * * *

Gratefully and sincerely yours,

[Letter from a Lady.]

P————————, 186–.

Doctor Morrill:—

The idea of addressing myself to you has often suggested itself to me, but I have hesitated and delayed it so long, that I fear I should relinquish it altogether, were I not now compelled to seek the advice of some one; and I know of no person to whom I can, in my present emergency, turn with such confidence as I can to you. Your reputation, as a skilful and honorable physician, emboldens me to address you in all frankness, and I trust, should I not succeed in making myself throroughly understood, you will not attribute it to any prudish reserve on my part, but to my inexperience and want of ability to enter into all the details, perhaps, necessary to give you such an accurate idea of my case, as will enable you to

advise and prescribe for me without a personal interview, which, at this time I am particularly anxious to avoid. I am a married lady, of twenty-eight years of age, and have resided with my husband, to whom I am most devotedly attached, over eight years, and am, I am sorry to say, still unblessed by offspring. This obstacle to our mutual happiness is the more severely felt by me, as I am his second wife; his former wife having presented him with three fine children; and I am sure that our happiness would be more complete were I also as fortunate even in a lesser degree. I am pained and mortified at the reflection that it must be attributed to some physical defect or incapacity on my part that this unhappy sterility exists. Possessing pretty general good health, and descended from a parentage by no means inclined to disease or debility, in any form, I have been, and am now,

distressed as to what may be the cause to which I should attribute my misfortune, as well as to any hopes that I may reasonably entertain that these obstacles to my becoming a mother, is resting with me, (as I am apprehensive they do), can be removed. I am not aware of any functional malformation, and I am quite sure of no irregularities operating to my disadvantage.

Weighed down by these troubles, and (if I may so express myself), my longings to make my husband happy, I have repeatedly, at intervals, sought a change of air and scenery, and by lengthy visits to the country, and other healthful resorts, endeavored, by exercise, alternated by quiet and repose, a frugal, as well as highly nutritious diet, to assist me in accomplishing my desires. But my efforts thus far have proved in vain. I have not dared to listen to the suggestions

frequently made to me, that medical treatment would probably relieve me from this painful, and I must say frankly, mortifying condition in which I find myself. Having been favored with a perusal of your correspondence with other ladies by whom you have been consulted in regard to female complaints, pertaining to themselves, I have felt, from the earnestness and intelligence which you display, as well as the success which attended your prescriptions, that, if medicine could benefit me, you are the only physician whom I could trust to administer it. If I have succeeded in making my condition plain to you, you will do me the favor to give my case the earliest attention. You shall find in me a docile and obedient patient, and you may be assured that whatever course of treatment you may prescribe, shall be most scrupulously followed.

I do not ask to occupy your attention, even in considering over the contents of this letter, without remunerating you for the time, (which to you, must be valuable), which you must necessarily devote to it. Enclosed you will find an amount which, I trust, will prove satisfactory; and should I become your patient, and your success equal my hopes, your compensation shall not only be ample and liberal, but in a measure proportioned to the gratitude I shall ever feel for the benefits you may be the means of conferring upon your unhappy but confiding friend.

Please address, Mrs. ———.

[My Answer.]

BOSTON, ———, 186

MY DEAR MADAM:

I have received and perused with much interest, your letter of ——, and you may rest assured that you have my heartfelt

sympathy for the unpleasant circumstances in which you are placed, as well as my most grateful acknowledgements for the kind and almost too flattering manner in which you express your confidence in my ability to serve you. When I read your letter, and observe the ability which marks its composition, I am, I confess, not a little astonished that a person, evidently so well-informed and possessed of the good common sense which you indicate, should for so many years have submitted to the cause which has produced so much unhappiness to yourself, and doubtless also to your excellent husband as well. There was no necessity for all this suffering and anxiety, this constant feverish excitement, attendant upon disappointed hopes; and the continued flitting from the city to the country, and from the country to the watering places, for a change of air and scenery, needful,

as you suppose, to promote your wishes, and to render you more susceptible of attaining your hopes. From your description of yourself, I cannot see any reason whatever why you should despair. There is evidently no material or functional obstacle in the way, and I am very certain that, with proper treatment, patience and care, you may be made to realize the best and most sanguine hopes you may choose to entertain. Very few females are naturally and constitutionally incapable of conception. The inability to propagate more commonly lies with the male; but the fact you mention, that your husband's first wife presented him with children, is certainly very strong presumptive evidence that such impediments as do exist to your mutual fecundity, are with you, rather than with him. Causes may, however, have arisen during the interval of widowhood, on his part, of which you

may have no idea, and which, if known, would tend greatly to relieve your mind of the oppression caused by the apprehensions which you feel that, to you alone may be attributed the misfortunes which at present grieves you so intensely. Were I not satisfied that it has been owing to your extreme hesitation,—arising from a modesty and too conscientious scruples to take medical advice upon this subject,—I should feel, in a far less degree than I now do, that any sympathy or compassion for your present unhappy condition was altogether misplaced and uncalled for. For eight years you have been living with a husband, between whom and yourself,—so far as I may judge from the contents of your letter,—there exists in the highest degree every sentiment and affection, upon the possession of which, contentment and happiness in the marriage relation so much depends.

There are no mental reservations nor repugnancies to render your association and embraces uncongenial to either of you, and yet, all this long time of eight years you have been pining and groaning, and almost dying; primarily, because you did not bear children, and secondly, as a consequence of, and punishment for, your neglect to resort to the plainest and most apparent duty which stared you in the face, namely, to take medical advice in relation to it. I speak quite plainly to you, madam. It is my duty to do so. Considerations arising from my anxiety for your health, prompt me to do this. Have you ever reflected that all this worriment, care and anxiety, which has accompanied you by day, and beset your pillow by night, may not, by its depressing influences have done much to shorten your life, and engender diseases not yet developed, which may entail far greater

misfortunes upon both yourself and husband than the one you now seek to remedy?

How can you excuse to yourself this long continued violence done to the most natural, purest and best aspirations of the female heart? A most superficial knowledge of the physiology of your sex would have told you that, maternity in the marriage state is one of nature's laws, and any failure on your part to comply with it, unless through compulsory causes, over which you have no control, inevitably entails consequences not only such as you have expressed, but even lunacy and death itself. You have only to turn over the pages of history, and in the lives of princes you may learn how much agony suffering, and degradation might have been prevented had this law been faithfully and religiously observed. You have sinned then against yourself, your husband,

and against those very beings whom you might have had at this moment around you, to comfort, cheer and bless you. But pardon me, madam. I have, unconsciously to myself, allowed my feelings to control my pen for the moment, and in my zeal to impress upon you the wrong you had hitherto done, in neglecting to remedy the evil under which you are suffering, have almost forgotten to comply with your request to inform you if I could advise and assist you in so important and interesting a matter. I answer unhesitatingly that I can and will do both. It belongs to my profession to be able to do this, and having for many years directed my studies and investigations to this important branch of medical science, I have been able to acomplish all in this respect that you can require. By the aid of medicines, which are, I am quite sure, only used by myself in this country,

and of whose fructifying effects hundreds of happy mothers can bear witness, I never fail to remove every cause of disquietude and barrenness in a manner so mild, safe, and effectual, that the system receives no shock, and nature, relieved of the shackles which have hitherto restrained her in her most wonderful work, bounds onward to a new lease of life and happiness, in those pledges of mutual love, without which your house, though a palace, will be desolate indeed. In your case I think there is no need of my seeing you. Should it become necessary, I can easily inform you at any time, after I shall have learned the effects of the preparations I now send.

Please keep me from time to time informed of the state of your health, and the progress you may make in realizing certain results in the course of medical

treatment which I shall prescribe for you. The medicines, carefully and securely packed, will be forwarded at once, with specific directions for their use. With sincere wishes for the ultimate attainment of every desired blessing, I am very truly your friend and confidential adviser.

F. MORRILL, M. D.

The foregoing, selected from a mass of correspondence long since cast aside, were preserved only as mementos of cases, which, at the time, deeply interested me. They disclose a state of facts, more or less existing with every nervous or otherwise diseased sufferer, and point out a source of relief about which there need be no mistake. The reader will, I am sure, know how to appreciate the information they convey, and, I trust, be wise enough to profit by the suggestions they contain.

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